

AUSTRALIAN

diabetic LIVING

The power of a **PLAN**

HOW TO WIN AT
WEIGHT LOSS

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SUMMER'S BEST FOOD

HEALTHY
CHRISTMAS
FEAST

RUSH HOUR
MEALS

BETTER-FOR-
YOU BAKING

CHICKEN
ENCHILADAS
p62

DISRUPT YOUR destiny

HOW TO CHANGE YOUR
DIABETES FUTURE

NOV/DEC 2022 \$8.50 NZ \$9.20



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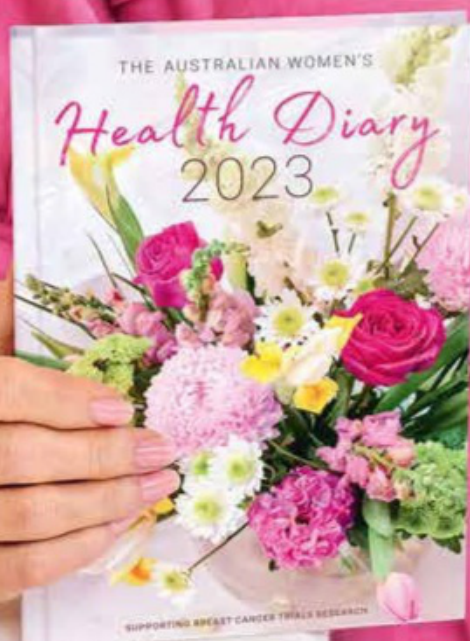
**AFTER-DINNER
WINCE**
Managing your BGLs

**WHAT'S THE
CATCH?**
Sustainable seafood

GET PUMPED
We review the
latest tech



**BUY
THE DIARY
THAT SAVES
LIVES**



LISA WILKINSON
Co-host Ch10's
The Project, and
mum of three

SUPPORT BREAST CANCER RESEARCH

This diary does more than help organise our lives, it's packed with expert health advice important to every woman – like breast, heart, family and mental health, along with diet, exercise and lots more.

Plus you'll be helping identify new treatments for the most commonly diagnosed cancer in Australian women, giving hope to the 56 people diagnosed with breast cancer every day.

\$19.99 from Newsagents, Woolworths,
Participating Post Offices & [womenshealthdiary.com.au](https://www.womenshealthdiary.com.au)

breastcancertrials.org.au  1800 423 444



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SPECIAL OFFER

Turn to page 128 and subscribe to *Diabetic Living*, for your chance to save up to 31% off the regular price!

NOVEMBER/DECEMBER 2022

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HELP IS AT HAND

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...



DIABETES AUSTRALIA This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit diabetesaustralia.com.au.

THE NATIONAL DIABETES SERVICES SCHEME (NDSS)

An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit ndss.com.au or call the NDSS Helpline on **1800 637 700**.

AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA)

Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to adea.com.au to use the 'Find a CDE' service or call **(02) 6173 1000**.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to jdrf.org.au to find out more.

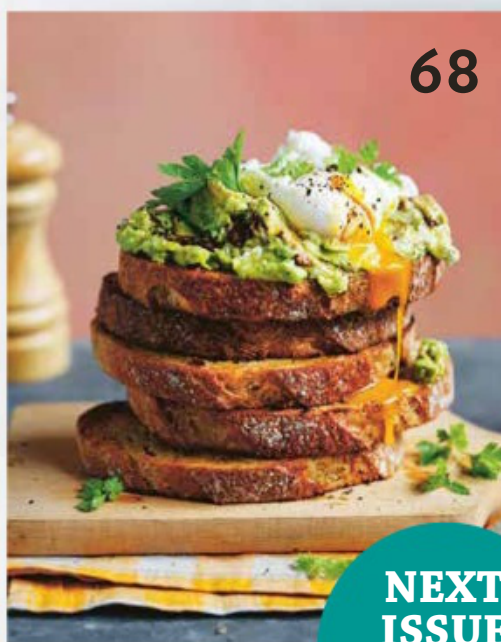
FOOT FORWARD Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit footforward.org.au

KEEPSIGHT As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit keepsight.org.au

MYDESMOND Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to mydesmondaustralia.com.au to join.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit ndis.gov.au or call **1800 800 110** for more information.



**NEXT
ISSUE
ON SALE
DEC 15**



A royal routine

At the time of writing this letter, I have just watched the funeral of Queen Elizabeth II. What an incredible spectacle and one I doubt we will ever see again. The Queen certainly lived a remarkable life – meeting world leaders, travelling the globe, supporting charities and foundations and being, by all accounts, a loving grandmother and great-grandmother. And, while she was obviously an incredibly busy person, it seems she was also a lover of routine, with a set time for waking, then a bath and breakfast before prescribed hours for paperwork, then a light lunch followed by a walk. She apparently ate the same thing for breakfast and lunch and maintained healthy habits throughout her life.

Of course, I don't have the household staff the Queen did to help me stick to a healthy routine, but I think there are lessons we can all learn from her. I like routines because it means I don't have to make a decision. For me, a decision is an opportunity to put something off or make a less than healthy choice. I try not to "decide" whether I am going to do some exercise before work, I just tell myself that's what I do, that's my routine. Of course, I'm not always perfect (none of us are) but sticking to my routine certainly makes life more manageable. Thank you, your Majesty, for your life of service and some lessons I can apply to my own life.

In this issue we have a feature from CSRIO Total Wellbeing dietician Pennie McCoy (p98) about strategies you can put into place to help achieve weight loss success and potentially reverse pre-diabetes. It's all about having a plan – and sticking to it. Another great feature about actions you can take to have a positive influence on your health outcomes is Disrupt your Destiny (p106) which includes 10 simple steps you can start taking today.

One of those is making good food choices and we have plenty of delicious food to choose from in this month's recipes – including a flavour-packed and budget-friendly Christmas feast. I'm also loving our baking feature that's filled with vegan delights everyone will love.

In our previous issue, we dropped our regular recipe index. However, a number of readers have contacted us to let us know how valuable it was, so we'll be reinstating it from our Jan/Feb issue. Thanks for reaching out – we love hearing what you do and don't like about the magazine.

Until next time!



Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.



JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs



drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of

people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.

- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 & TYPE 2...

What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



IN 2020, TYPE 1 DIABETES COST

\$2.9 BILLION

in Australia, through healthcare costs, reduced wellbeing, lower employment and additional care

FOOD MYTHS FOR PWD

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

TAKE THIS TO HEART

1 You're not alone

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

3 We're here

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■



YOUR healthy life

The latest news on all things diabetes and health

Walk this way

If your favourite way to exercise is walking, new research provides a few tips and tricks to get the most out of it. For starters, University of Sydney scientists have shed light on two things – not only is taking 10,000 steps a day definitely the “sweet spot” for reducing your risk of dementia, heart disease and even cancer, your walking speed matters too. “The take-home message here is that for protective health benefits people could not only ideally aim for 10,000 steps a day but also aim to walk faster,” says co-lead author Dr Matthew Ahmadi, research fellow at the University of Sydney’s Charles Perkins Centre and Faculty of Medicine and Health. And, as far as the best time to go walking, for diabetes management, stepping out after eating is wise – another recent study shows that a short 2 to 5 minute post-meal walk can help to lower blood sugar levels.



How's your mental health?

The latest data from Diabetes Australia shows that mental health challenges are the most prevalent, yet least recognised complication of diabetes, with 700,000 people living with diabetes experiencing them every year. “Concerningly, the latest figures show that about 400,000 people living with diabetes report difficulties accessing mental health care,” says Diabetes Australia Group CEO Justine Cain. “That’s a lot of people who aren’t getting the help and support they need.” The stigma more than 80 per cent of people living with diabetes have experienced, combined with the burden of daily diabetes management and the worry about diabetes-related complications can all take a toll on mental health and wellbeing. “We want people to know that diabetes mental health challenges are real and encourage people with diabetes and their healthcare professionals to explore options for mental health care.” Visit headsupdiabetes.com.au to learn more about diabetes and mental health.



Q: My six-year-old son was recently diagnosed with type 1. I know good footcare is crucial for people with diabetes – does this include children? When should he start seeing a podiatrist?

Danielle says: Good footcare and early detection of foot problems through regular foot examinations is really important for a young person with diabetes, and their family, as it improves their awareness and understanding of the disease, which can help prevent complications in the future.

Most guidelines suggest children and young people with type 1 diabetes should be offered annual footcare reviews, with some guidelines suggesting that screening for peripheral neuropathy should occur five years after a type 1 diagnosis, and then at least annually depending on risk status.

In the very young and early stages of diagnosis it may seem unnecessary, as the tests are likely to be “normal” and other aspects of their care will take priority. But there are benefits from yearly foot examinations, including forming good habits, understanding footcare, and having questions and anxieties regarding foot problems answered. The exam doesn’t have to be performed by a podiatrist and may best be part of an annual review by the child’s paediatric care team to help reduce additional appointments.

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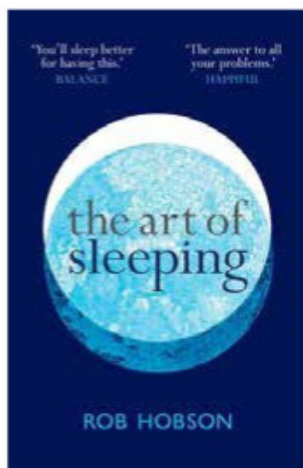
Danielle Veldhoen, podiatrist



## Lowering the bar for gestational diabetes

A study of more than 4000 pregnant New Zealand women shows the health of babies and expectant mums could be improved by changing how gestational diabetes is diagnosed. In a nutshell, the results of the research suggest there's several benefits to be had by lowering the blood-sugar threshold for diagnosis. "Treatment for gestational diabetes improves mothers' and babies' health but it has been unclear what level of blood sugar should be used to make the diagnosis," says the study's lead investigator, Professor Caroline Crowther from the University of Auckland.

Finding that twice as many women were diagnosed with gestational diabetes when the lower blood-sugar threshold was used, the change lowered the risk of pre-eclampsia for women and birth complications for baby, and also meant mums and babies were more likely to receive diabetes-related interventions and healthcare. The next step is following up with the mothers and children just before they start school, to assess the difference lowering the diagnostic threshold has on their later life and wellbeing.



### **The Art of Sleeping**

*By Rob Hobson*

*HQ Non Fiction GB, \$19.99*

If you're feeling tired and sleep deprived as another year draws to a close, this book could be a saviour so you can start the new year refreshed. Combining the latest scientific research, expert advice and the author's own tricks and tips, by exploring the three key pillars of sleep – behaviour, environment and diet – you'll learn techniques to assist with relaxation and getting a good night's sleep.

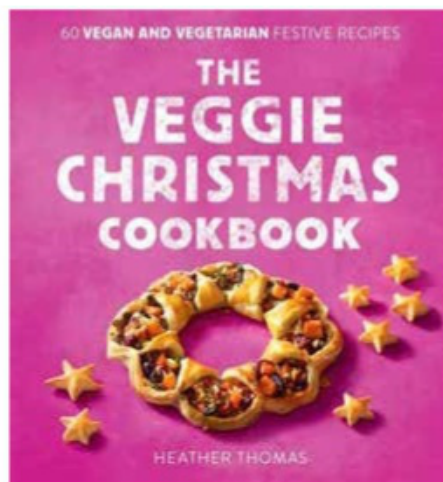
## ORAL INSULIN MAY BE ONE STEP CLOSER

Researchers working on developing oral insulin tablets as a replacement for daily insulin injections recently made a game-changing breakthrough. Testing various versions and formulations of insulin tablets, the Canadian-based scientists have discovered that their latest version mimics the way injected insulin is absorbed, in lab-based animal studies.

"These exciting results show that we are on the right track in developing an insulin formulation that will no longer need to be injected before every meal, improving the quality of life, as well as mental health, of more than nine million type 1 diabetics around the world," said Dr Anubhav Pratap-Singh, the study's principal investigator, when the results were published.

The next step is securing funding and collaborators to test the oral tablet in human trials.





## The Veggie Christmas Cookbook

By Heather Thomas

HarperCollins, \$12.99 eBook

Whether you're hosting vegetarian or vegan friends and family this festive season, or are plant-based yourself and want more than a dry nut roast for Christmas, this eBook has got you covered. Featuring 60 recipes, including sparkling salads and sides, merry mains, dazzling desserts and holly jolly leftovers, you're bound to find something that'll tickle everyone's tastebuds.

## Artificial sweeteners: the not-so-sweet sugar alternative

They might contain zero kilojoules, but a new study has added to the growing evidence that replacing sugar with artificial sweeteners isn't as healthy or as helpful as it was once believed to be. Published in the *British Medical Journal*, the research found that at least one in three people consume the artificial sweeteners aspartame, acesulfame or sucralose, daily and that they have an increased risk of cardiovascular disease, as a result. Where do those artificial sweeteners hide? In the study, "no added sugar" soft drinks accounted for 53 per cent of artificial sweetener consumption, but people also consumed artificial sweeteners in tabletop sweeteners and dairy foods like yoghurt and cottage cheese.



## SAVE THE DATE

Monday, November 14 is World Diabetes Day (WDD), the world's largest diabetes awareness campaign that's been running for more than three decades. Like last year's WDD, this year's theme remains "Access to Diabetes Care", due to the fact that millions of people living with diabetes around the world don't have access to necessary care. To learn more or find out how you can get involved, visit [worlddiabetesday.org](http://worlddiabetesday.org).



Q&A ASK DR MARSH

### Q: I find it hard to stick to a healthy, type-2-friendly diet at this time of year. Any tips?

**Dr Marsh says:** Christmas and New Year can be a challenging time when it comes to healthy eating, but there are some tips to help you through the festive season:

- ▶ Replace traditional snack foods with healthier alternatives like salsa or hummus with raw vegetables and baked pita bread, roasted chickpeas, unsalted nuts, plain popcorn or a fruit platter.
- ▶ If you're planning a roast for Christmas Day, cook a lean cut of meat on a rack to let any fat drip off. Bake vegetables in a separate pan, brushed with olive oil and serve plenty of steamed greens or a large salad.
- ▶ In place of rich desserts serve a fruit platter or a bowl of summer berries with a dollop of Greek yoghurt. If you enjoy Christmas pudding, have a small serve with custard but skip the cream.
- ▶ It's easy to overeat when there's so much food to choose from. Have a little of what you enjoy and remember that leftovers will be handy for tomorrow.
- ▶ If you've been invited to a gathering, offer to bring some healthy nibbles, a fruit platter, or a salad to accompany the meal.
- ▶ Alternate alcoholic with non-alcoholic drinks and avoid soft drinks. Mineral water with a slice of citrus and a sprig of mint makes a refreshing alternative.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator



## HAVE YOU HAD YOUR SHINGLES VACCINE?

Almost all Australian adults are at risk of developing shingles, a viral infection that causes a painful rash and can have some serious complications, because 95 per cent of people aged over 30 have been infected with virus that's responsible. The bad news is living with diabetes increases the risk of developing shingles but the good news is, vaccines which can protect you from serious disease caused by shingles, are available. Vaccination is recommended for everyone aged over 50 and it's free of charge for people aged 70-79 under the National Immunisation Program. To find an immunisation provider, talk to your GP, contact your state or territory health department or use Healthdirect's service finder available at [healthdirect.gov.au/australian-health-services](http://healthdirect.gov.au/australian-health-services).



Q&A ASK DREW

**Q: I struggle to make exercising stick. I go well for the first couple of weeks but then the habit slides and I start finding reasons to avoid being active. How can I turn exercise into a habit for good?**

**Drew says:** Start by identifying a deep emotional “why”. You need a good reason to show up for your daily exercise routine, especially on days when you don’t feel like it.

Next, attach a positive emotion to it, one that aligns with the joy of being alive and happy, as that’s a much better long-term motivator than one associated with fear of sickness. For example: “I want to live a long, healthy life because it will make me happy to see my grandkids grow up” rather than “I’m afraid that the complications of diabetes will mean I won’t be around to see my grandkids grow up”.

Finally, follow a plan you can adhere to. Your exercise routine needs to be comprised of movements you enjoy. If you resent them you’re less likely to stick to the plan. Write a list of exercises and activities that bring you joy and structure your week so that you get a daily dose of them across the week. Maybe it’s a brisk walk with some bodyweight exercises throughout. Or maybe it’s playing golf and doing cardio on the stationary bike. Whatever it is, move in a way that feels right for you!

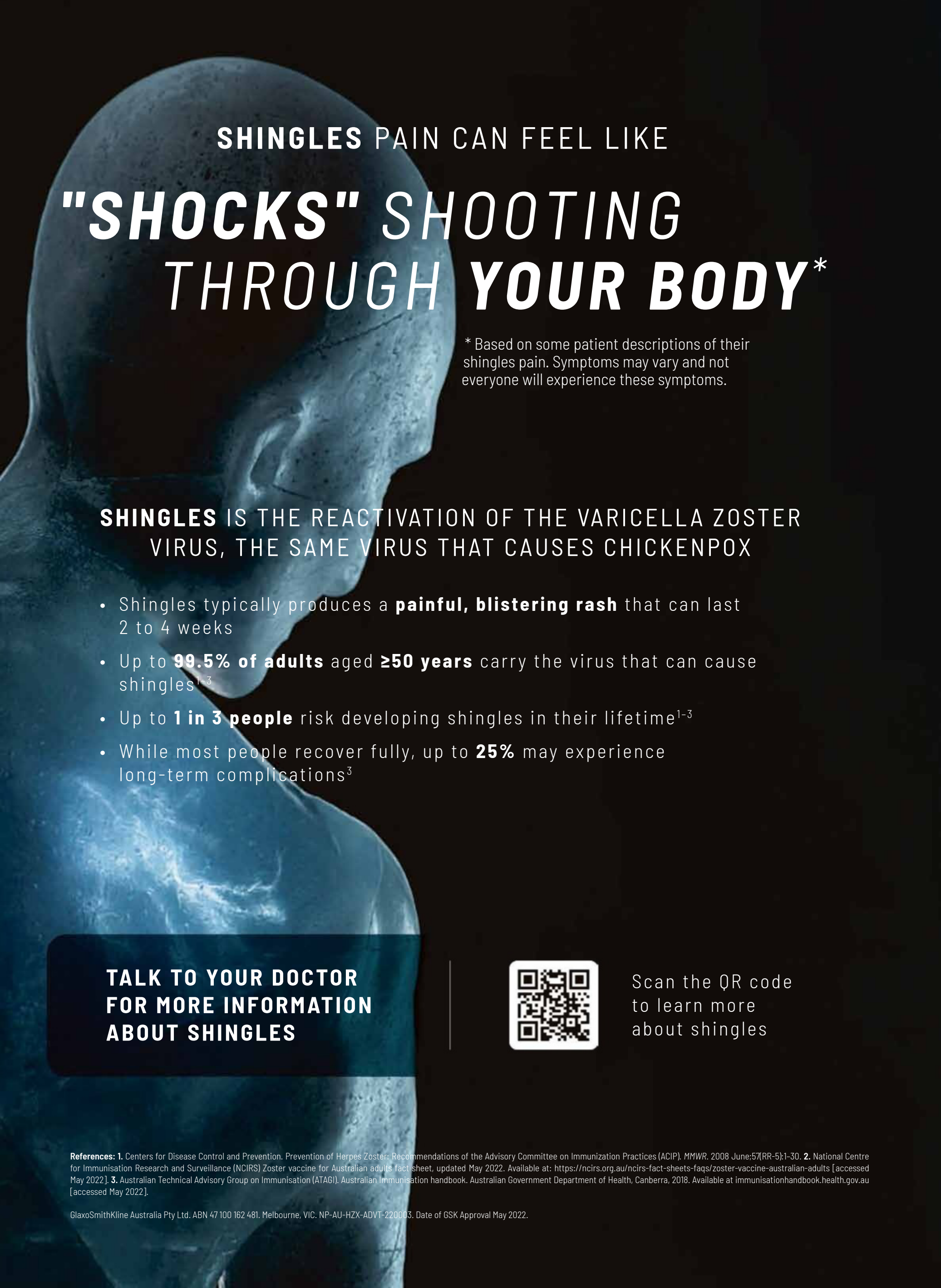
Drew Harrisberg, exercise physiologist & diabetes educator

## A HEARTFELT REASON TO BUTT OUT!

The fact that smoking is a serious health risk isn’t news, but new research suggests that the habit is even more damaging to the heart than previously thought. “It’s well known that smoking causes blocked arteries, leading to coronary heart disease and stroke,” says study author Dr Eva Holt, from Denmark’s Herlev and Gentofte Hospital. “Our study shows that smoking also leads to thicker, weaker hearts. The more you smoke the worse your heart function becomes.” If you do smoke, quitting helps the heart repair, so that after one year of being smoke-free, the risk of heart disease is halved. “The heart can recuperate to some degree with smoking cessation,” says Dr Holt. “So it is never too late to quit.” Need help to do just that? Visit [quit.org.au](http://quit.org.au) or call Quitline on 13 7848.







# SHINGLES PAIN CAN FEEL LIKE "SHOCKS" SHOOTING THROUGH YOUR BODY\*

\* Based on some patient descriptions of their shingles pain. Symptoms may vary and not everyone will experience these symptoms.

**SHINGLES** IS THE REACTIVATION OF THE VARICELLA ZOSTER VIRUS, THE SAME VIRUS THAT CAUSES CHICKENPOX

- Shingles typically produces a **painful, blistering rash** that can last 2 to 4 weeks
- Up to **99.5% of adults** aged **≥50 years** carry the virus that can cause shingles<sup>1-3</sup>
- Up to **1 in 3 people** risk developing shingles in their lifetime<sup>1-3</sup>
- While most people recover fully, up to **25%** may experience long-term complications<sup>3</sup>

**TALK TO YOUR DOCTOR  
FOR MORE INFORMATION  
ABOUT SHINGLES**



Scan the QR code  
to learn more  
about shingles

**References:** 1. Centers for Disease Control and Prevention. Prevention of Herpes Zoster: Recommendations of the Advisory Committee on Immunization Practices (ACIP). *MMWR*. 2008 June;57(RR-5):1-30. 2. National Centre for Immunisation Research and Surveillance (NCIRS) Zoster vaccine for Australian adults fact sheet, updated May 2022. Available at: <https://ncirs.org.au/ncirs-fact-sheets-faqs/zoster-vaccine-australian-adults> [accessed May 2022]. 3. Australian Technical Advisory Group on Immunisation (ATAGI). Australian Immunisation handbook. Australian Government Department of Health, Canberra, 2018. Available at [immunisationhandbook.health.gov.au](https://immunisationhandbook.health.gov.au) [accessed May 2022].

GlaxoSmithKline Australia Pty Ltd. ABN 47 100 162 481. Melbourne, VIC. NP-AU-HZX-ADVT-220003. Date of GSK Approval May 2022.



**mains**



How our  
food works  
for you  
see page 88





# 5 DAYS 5 DINNERS

Delicious dinners to make midweek easier

## MONDAY

GF

LC

### TURKEY, STRAWBERRY & AVOCADO SALAD

**PREP** 15 MINS **COOK** 10 MINS  
**SERVES** 2 (AS A MAIN)

200g skinless turkey breast fillets  
1 lemon, ½ zested and juiced,  
½ sliced  
2 cloves garlic, crushed  
2 tsp sugar-free maple syrup  
1 tsp olive oil  
¼ tsp poppy seeds  
Freshly ground black pepper  
80g baby spinach leaves  
1 avocado, peeled, stoned and  
sliced  
150g strawberries, hulled and cut  
into quarters  
½ cup basil leaves, torn

**1** Put turkey fillets between two sheets of baking paper and use a rolling pin to bash to a 1cm thickness. Put turkey, lemon slices and garlic into a medium, deep non-stick frying pan. Cover with water so the turkey is submerged.

Bring to the boil over a medium heat. Reduce heat to medium-low, cover and cook for 10 minutes, or until the turkey is cooked through and the juices run clear. Use a slotted spoon to transfer to a plate. Cover loosely with foil and set aside to cool slightly.

**2** Whisk the lemon zest and juice and the maple syrup in a small bowl. Slowly whisk in the oil, then the poppy seeds. Season with pepper.

**3** Use two forks to shred the turkey. Divide the spinach, avocado, strawberries and basil between plates and top with the turkey. Drizzle with the dressing and serve.

### *Nutritional info*

**PER SERVE** 1220kJ (292Cal),  
**protein** 25g, **total fat** 17g (sat. fat 3g), **carbs** 4g, **fibre** 11g, **sodium** 285mg • **Carb exchanges** ½  
• **GI estimate** low • **Gluten free** • **Lower carb**



**TUESDAY**

GFO

LC

## MEXICAN STREET CORN SOUP

**PREP** 15 MINS **COOK** 20 MINS

**SERVES** 2 (AS A MAIN)

2 tsp olive oil

½ x 420g can drained and rinsed no-added-salt corn kernels, drained

½ brown onion, chopped

2 baby Zeralla Spud Lite Potatoes, cut into 1cm cubes

½ tsp smoked paprika, plus extra, to serve

¼ tsp ground cumin

250ml (1 cup) salt-reduced or gluten-free vegetable stock

200ml water

½ lime, half juiced, half thinly sliced

Freshly ground black pepper

½ long green chilli, thinly sliced

30g reduced-fat feta, crumbled

2 slices Burgen Lower Carb High Protein Sunflower & Linseed Bread or gluten-free bread, toasted, each spread with 1 tsp light margarine, to serve

**1** Heat half the oil in a medium saucepan over medium-high heat. Add the corn, keeping it in a single layer as much as possible. Cook undisturbed for 2 minutes so the kernels turn golden on the bottom. Stir, spread out again and repeat until the corn is golden and charred in spots. Cook for another minute, stirring, then tip into a large bowl.

**2** Add remaining oil to pan and heat over medium heat. Add onion and potato and cook, stirring often, for 3-4 minutes or until vegetables start to soften. Add the paprika and cumin. Cook, stirring, for 1 minute. Stir in the stock and water.

**3** Reserve 3 tablespoons of the corn in a small bowl and add the remaining corn to the pan. Bring to the boil over high heat. Reduce heat to medium and simmer, covered, for 5-10 minutes or until the potato softens.

**4** Remove the pan from the heat and squeeze in the lime juice. Use a hand held blender (or tip into a blender to do this) to blend until smooth and creamy. Season with pepper. Divide the soup between serving bowls and top with the reserved corn, the chilli, lime slices, feta and a sprinkle of extra paprika. Serve with the bread.

### *Nutritional info*

**PER SERVE** 1260kJ (301Cal), **protein** 18g, **total fat** 16g (sat. fat 4g), **carbs** 14g, **fibre** 11g, **sodium** 629mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**





*Nutritional info*

**PER SERVE** 1900kJ (455Cal),  
protein 17g, total fat 18g (sat.  
fat 5g), carbs 39g, fibre 10g,  
sodium 205mg • Carb  
exchanges 2½ • GI estimate  
low • **Gluten-free option**



**WEDNESDAY** **GFO**

**BROKEN LASAGNE WITH ZUCCHINI, PEA & MINT**

**PREP** 15 MINS **COOK** 15 MINS **SERVES** 2 (AS A MAIN)

125g (½ box) Vetta Fibre Smart Lasagne Sheets or gluten-free lasagne sheets, broken into large pieces  
100g snow peas, halved diagonally  
55g (⅓ cup) frozen peas  
1 tbsp olive oil, plus ½ tsp extra  
1 zucchini, halved lengthways, cut into 1cm half moons  
Pinch chilli flakes  
Zest and juice of ½ lemon  
2½ tbsp grated parmesan  
15g light margarine  
Freshly ground black pepper  
¼ cup mint leaves, roughly chopped

**1** Cook the broken lasagne sheets in a medium saucepan of boiling water, stirring occasionally, for 10-12 minutes or until al dente. Add the snow peas and peas for the last 2 minutes of cooking. Drain the pasta, reserving about 100ml of the pasta cooking water.

**2** Meanwhile, heat ½ tsp of the oil in a medium non-stick frying pan over medium heat. Add zucchini and cook, stirring occasionally, for 8-10 minutes or until the zucchini is golden and softens. Add the chilli flakes and cook, stirring, for 1 minute. Set aside.

**3** Combine the lemon zest and juice, 2 tablespoons parmesan, margarine and remaining olive oil in a medium bowl. Season with pepper. Tip in the drained pasta, snow peas and zucchini along with half of the reserved cooking water. Toss to combine, adding more pasta water if the mixture looks dry – the margarine and parmesan should melt into a silky sauce, coating the pasta.

**4** Stir the mint into the pasta. Divide between serving bowls and top with the remaining parmesan. Serve.



**THURSDAY**

**GFO LCO**

## **LIGHT SUMMER TOFU CURRY**

**PREP** 10 MINS **COOK** 20 MINS

**SERVES** 2 (AS A MAIN)

2 tsp olive oil  
140g firm tofu, cut into 2cm cubes  
1 small red onion, thinly sliced  
1 clove garlic, crushed  
 $\frac{3}{4}$  tsp grated fresh ginger  
 $\frac{3}{4}$  tsp ground turmeric  
 $\frac{1}{2}$  x 400ml can light coconut milk  
1 lime,  $\frac{1}{2}$  juiced,  $\frac{1}{2}$  cut into wedges, to serve  
50ml water  
80g baby spinach leaves  
 $\frac{1}{4}$  cup coriander, most roughly chopped, reserve a few whole leaves to serve  
2 Mission wholemeal roti breads or gluten-free wraps, to serve

**1** Heat 1 teaspoon of the oil in a medium non-stick frying pan over medium-high heat. Add the tofu and cook, tossing often, for 5 minutes or until golden brown. Use a slotted spoon to transfer to a plate.

**2** Add the remaining oil to the pan and heat over medium-high heat. Add half the onion and cook, stirring often, for 5 minutes or until golden brown. Add the garlic and ginger. Cook, stirring, for 1 minute. Add the turmeric and cook, stirring, for a further 30 seconds.

**3** Stir the coconut milk into the pan. Return the tofu to the pan along with the lime juice and water. Simmer for 5 minutes. Stir in the spinach and the chopped coriander, and cook, stirring, for 1 minute until the spinach wilts.

**4** Divide the curry between serving bowls. Top with the coriander leaves and remaining onion. Serve with the roti and lime wedges, to squeeze over.

### *Nutritional info*

**PER SERVE** 1850kJ (442Cal), **protein** 18g, **total fat** 27g (sat. fat 11g), **carbs** 27g, **fibre** 10g, **sodium** 409mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

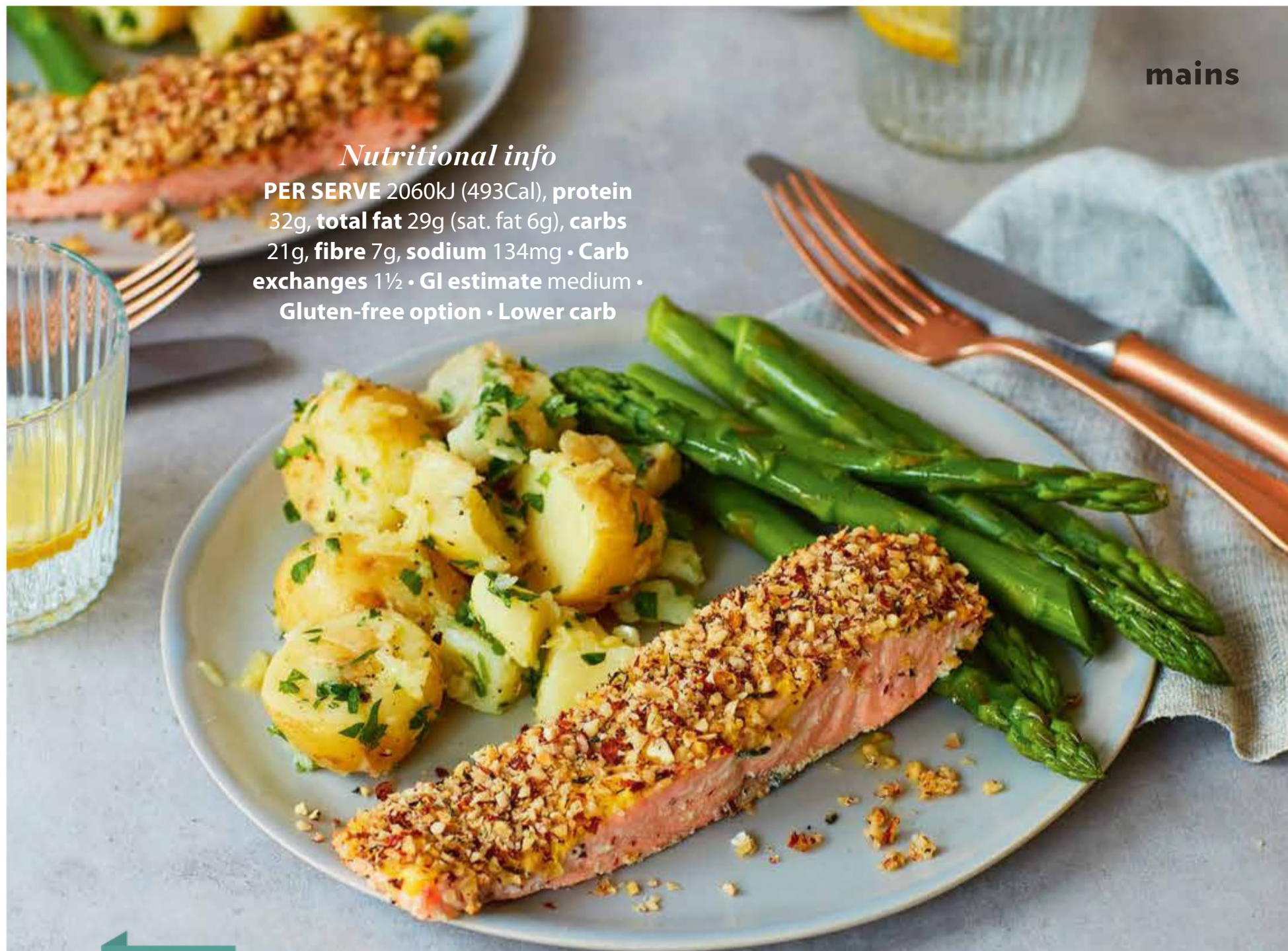
**LOWER-CARB OPTION:** Replace the rotis with 2 Simson's Pantry Low Carb Super Grains wraps.  
**PER SERVE** 1390kJ (333Cal), **protein** 17g, **total fat** 20g (sat. fat 9g), **carbs** 13g, **fibre** 14g, **sodium** 228mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**





*Nutritional info*

**PER SERVE** 2060kJ (493Cal), **protein** 32g, **total fat** 29g (sat. fat 6g), **carbs** 21g, **fibre** 7g, **sodium** 134mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**



**FRIDAY**

LC

GFO

**HAZELNUT-CRUSTED SALMON WITH CRUSHED POTATOES**

**PREP** 15 MINS **COOK** 25 MINS **SERVES** 2 (AS A MAIN)

- 2 cloves garlic, unpeeled
- 2 tsp olive oil, plus ½ tsp extra
- 400g baby Zerella Spud Lite Potatoes, halved or quartered, if large
- 1 bunch asparagus, woody ends trimmed
- 30g hazelnuts
- 3 sprigs thyme
- Zest of ½ lemon
- Freshly ground black pepper
- 2 x 120g skinless and boneless salmon fillets
- 1 tsp Dijon mustard or gluten-free mustard
- 1 tbsp finely chopped flat-leaf parsley

**1** Preheat oven to 200°C (fan-forced). Put the garlic cloves on a piece of foil and drizzle with ½ tsp

oil. Bring the edges of the foil together to enclose the garlic and put on a baking tray. Bake for 10 minutes.

**2** Meanwhile, bring a medium saucepan of water to the boil over high heat. Carefully lower the potatoes into the water. Cover and return to the boil. Reduce heat to medium and simmer for 10-15 minutes or until the potatoes are tender. Add the asparagus for the last 2 minutes of cooking. Drain and separate the potatoes and the asparagus.

**3** While the potatoes are cooking, place the hazelnuts, thyme leaves and lemon zest in a small food processor. Process briefly until the mixture resembles breadcrumbs.

Season with pepper.

**4** Remove the parcel of garlic from the oven and set aside. Line the tray with baking paper and arrange the salmon fillets on top. Spread the fillets with the Dijon mustard. Gently press the hazelnut crumb down onto the mustard. Cook for 10 minutes or until the salmon is just cooked through.

**5** Squeeze the roasted garlic into a small bowl, discarding the skins. Whisk in the remaining oil. Tip the potatoes into a large bowl and roughly crush with a potato masher. Drizzle over the garlic oil. Add the parsley and season with pepper. Toss to combine.

**6** Serve the salmon with the garlic parsley potatoes and the asparagus.





# LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food?  
Take inspiration from these tasty tips

## GROCERIES

**COCONUT MILK** Use in sauces, dressings or freeze the remaining coconut milk in a small airtight container for another time.

**ROTI BREAD** Halve the warm roti bread then split through the middle. Use as an alternative to a wrap and fill with your favourite salad fillings.

**LASAGNE SHEETS:** Use the remaining lasagne sheets to make a healthy spinach and ricotta lasagne.

**HAZELNUTS:** Roughly chop and add to your favourite garden salad. Munch on a few as a snack.

**CORN:** Use in salads and soups or in a salsa.

**VEGETABLE STOCK:** Freeze remaining stock in a small airtight container in 250ml (1 cup) batches. Label and date.

**BREAD:** Use to make your favourite healthy sandwich, or toast and spread with mashed avocado, top with cottage cheese and sprinkle with a few chilli flakes and a sprinkle of pepper as a quick and easy breakfast.

**FROZEN PEAS:** Use in fried-rice or pasta sauces.

**TOFU:** Marinate in a little salt-reduced soy sauce, fresh lemon juice, grated ginger and mirin. Drain, reserving marinade. Pan-fry in a little olive oil. Serve with steamed veggies and low GI rice.

**FETA:** Crumble a little over your salad or pizza.

## FRUIT AND VEGETABLES

**GINGER:** Cut into julienne and use in stir-fries. Finely grate and use in marinades and dressings.

**POTATOES:** Thinly slice and toss in a little olive oil, crushed garlic and dried mixed herbs. Barbecue until crisp and golden. Serve as a carb side.

**CHILLI:** Finely chop or thinly slice and use in dressings, marinades or sauces.

**CORIANDER:** Great tossed through at the end of your stir-fry or throw a handful of leaves into your salad for an extra flavour hit.

**MINT:** Throw a handful of mint leaves into your water bottle with a slice or two of lemon or lime to add a little zing to your water.

**THYME:** Pick a few sprigs of thyme and finely chop. Mix with some reduced-fat ricotta, crushed garlic, a little grated lemon zest and freshly ground black pepper. Use as a spread on crackers and top with some sliced ripe tomatoes.

**BASIL AND PARSLEY:** Use the basil and parsley to make a pesto. Or use in salads or tear the leaves and top your pizza.

**LIME AND LEMON:** Use the zest and juice in dressings.

**STRAWBERRIES:** Munch on for a snack. ■



# SHOPPING LIST

## GROCERIES

- ☐ 400g can light coconut milk
- ☐ 240g pkt Mission Foods Wholemeal Roti Bread
- ☐ 250g box Vetta Fibre Smart Lasagne Sheets
- ☐ 120g pkt hazelnuts
- ☐ 420g can no-added-salt corn kernels
- ☐ 1L salt-reduced vegetable stock
- ☐ 1 loaf Burgen Lower Carb High Protein Sunflower & Linseed Bread

## MEAT & POULTRY

- ☐ 200g skinless turkey breast fillets

## SEAFOOD

- ☐ 2 x 120g skinless & boneless salmon fillets

## FREEZER

- ☐ 500g pkt frozen peas

## CHILLED

- ☐ 300g pkt firm tofu
- ☐ 200g pkt reduced-fat feta

## FRUIT & VEGETABLES

- ☐ 1 small red onion
- ☐ 1 small knob ginger
- ☐ 1.5kg pkt Zerella Spud Lite Potatoes
- ☐ 1 brown onion
- ☐ 160g baby spinach leaves
- ☐ 100g snow peas
- ☐ 1 zucchini
- ☐ 1 bunch asparagus
- ☐ 1 avocado
- ☐ 1 green chilli
- ☐ 1 bunch coriander
- ☐ 1 bunch mint
- ☐ 1 bunch thyme
- ☐ 1 bunch basil
- ☐ 1 bunch flat-leaf parsley
- ☐ 2 limes
- ☐ 2 lemons
- ☐ 250g punnet strawberries

## PANTRY

- ☐ Olive oil
- ☐ 5 cloves garlic
- ☐ Ground turmeric
- ☐ Chilli flakes
- ☐ Black pepper
- ☐ Smoked paprika
- ☐ Ground cumin
- ☐ Poppy seeds
- ☐ Dijon mustard
- ☐ Sugar-free maple syrup
- ☐ Parmesan
- ☐ Light margarine





PICK AND  
MIX

Select one each of the entrees, mains, low-carb and carb sides plus a dessert option to create a Christmas lunch you'll feel good about.

Enjoy this delicious Christmas lunch that's big on flavour *and* friendly on your wallet

# A christmas FEAST

## AVOCADO, FETA & TOMATO BRUSCHETTA

It's smashed avo on toast – the amped-up Christmas version.

*Recipe, page 30*

GFO

### *Nutritional info*

**PER SERVE** 757kJ (181Cal),  
**protein** 6g, **total fat** 9g (sat. fat 3g), **carbs** 16g, **fibre** 4g,  
**sodium** 281mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option**

**\$1.90 PER SERVE**



## SMOKED SALMON, DILL & RICOTTA MINI QUICHES

A bite-size canapé that  
won't spoil your appetite.

*Recipe, page 30*

How our  
food works  
for you  
see page 88

### *Nutritional info*

**PER SERVE** 762kJ  
(182Cal), **protein** 11g,  
**total fat** 5g (sat. fat  
2g), **carbs** 22g, **fibre**  
2g, **sodium** 285mg  
• **Carb exchanges** 1½  
• **GI estimate** low  
• **Gluten-free option**

**\$2.15 PER SERVE**



## GREENS WITH PARMESAN & GARLIC CRUMBS

Top garden-fresh greens with a crunchy crumb that's full of flavour.

*Recipe, page 30*

GFO

### *Nutritional info*

**PER SERVE** 311kJ (74Cal), **protein** 6g, **total fat** 2g (sat. fat 1g), **carbs** 6g, **fibre** 4g, **sodium** 113mg  
• **Carb exchanges** ½  
• **GI estimate** low  
• **Gluten-free option** • **Lower carb**

**\$3.80 PER SERVE**

### *Nutritional info*

**PER SERVE** 720kJ (172Cal), **protein** 5g, **total fat** 7g (sat. fat 2g), **carbs** 21g, **fibre** 9g, **sodium** 20mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

**\$1.70 PER SERVE**

GF

## SAGE, CHILLI & GARLIC ROAST POTATOES

Think you can't improve roast spuds? Think again.

*Recipe, page 31*





## PROSCIUTTO-WRAPPED BABY CARROTS & ASPARAGUS

Sweet baby carrots in a blanket of  
crispy prosciutto? Yes, please!

*Recipe, page 31*

GFO

### *Nutritional info*

**PER SERVE** 576kJ  
(138Cal), **protein** 8g,  
**total fat** 8g (sat. fat  
2g), **carbs** 6g, **fibre**  
4g, **sodium** 411mg  
• **Carb exchanges** ½  
• **GI estimate** low  
• **Gluten-free**  
**option** • **Lower carb**

**\$4.40 PER SERVE**



## BROWN RICE & ROAST VEGETABLE SALAD

A delicious way to eat your vegies,  
and great for leftovers.

*Recipe, page 31*



GFO

### *Nutritional info*

**PER SERVE** 759kJ  
(182Cal), **protein** 6g,  
**total fat** 6g (sat. fat  
1g), **carbs** 22g, **fibre**  
7g, **sodium** 65mg  
• **Carb exchanges** 1½  
• **GI estimate** low  
• **Gluten-free option**

**\$3.35 PER SERVE**





GF

*Nutritional info*

**PER SERVE** 1070kJ (256Cal),  
protein 34g, total fat 6g (sat.  
fat 2g), carbs 12g, fibre 2g,  
sodium 364mg • Carb  
exchanges 1 • GI estimate low  
• Gluten free • Lower carb

**\$6.60 PER SERVE**

**TURKEY STEAKS WITH  
CHERRY & PORT SAUCE**

There's no need to wrestle with  
a large whole bird when you can  
cook turkey steaks with ease.

*Recipe, page 32*





**ROAST CHICKEN  
WITH MARMALADE  
GLAZE**

Perfectly roasted  
chicken will always be  
a crowd-pleaser.

*Recipe, page 32*

*Nutritional info*

**PER SERVE** 825kJ (197Cal),  
**protein** 29g, **total fat** 4g  
(sat. fat 1g), **carbs** 11g, **fibre**  
1g, **sodium** 47mg • **Carb**  
**exchanges** ½ • **GI estimate**  
**GFO** medium • **Gluten-free**  
**option** • **Lower carb**

**\$5.10 PER SERVE**





### SPICED NUTTY PAVLOVA WITH RICOTTA CREAM

A traditional pavlova gets a seasonal makeover with the addition of fragrant spices and nuts.

*Recipe, page 32*

#### *Nutritional info*

**PER SERVE** 792kJ  
(189Cal), **protein** 8g,  
**total fat** 5g (sat. fat  
1g), **carbs** 28g, **fibre**  
2g, **sodium** 69mg  
• **Carb exchanges** 2  
• **GI estimate** medium  
• **Gluten-free option**

**\$2.45 PER SERVE**

GFO



*It's not Christmas every day,  
so take the time to enjoy one of  
these sweet finishes*

GFO

**Nutritional info**

**PER SERVE** 657kJ  
(157Cal), **protein** 8g,  
**total fat** 2g (sat. fat  
1g), **carbs** 26g, **fibre**  
2g, **sodium** 114mg  
• **Carb exchanges** 1½  
• **GI estimate** low  
• **Gluten-free option**

**\$1.20 PER SERVE**

**CHOCOLATE MOUSSE**

You'll love every indulgent  
mouthful of this velvety  
choc mousse.

*Recipe, page 33*







## AVOCADO, FETA & TOMATO BRUSCHETTA

**PREP** 20 MINS (+30 MINS STANDING)  
**COOK** 5 MINS **SERVES** 4 (AS A STARTER)

- 2 tomatoes, deseeded, finely chopped
- 2 green shallots, trimmed, finely chopped
- 1 tbsp roughly chopped mint
- 1 tsp extra virgin olive oil
- 1½ tbsp fresh lemon juice
- Freshly ground black pepper
- 1 small avocado, flesh removed
- 4 x 30g slices sourdough bread or gluten-free bread
- 1 clove garlic, halved
- 50g reduced-fat feta, crumbled

**1** Combine the tomatoes, shallots, mint, oil and 2 teaspoons of the lemon juice in a bowl. Season with pepper. Set aside for 30 minutes to allow the flavours to develop.

**2** Mash avocado roughly with a fork in a small bowl and stir in the remaining 1 tablespoon of lemon juice. Season with pepper.

**3** Preheat an oven grill on medium-high. Spray one side of the bread with cooking spray. Place under grill and cook for 2-3 minutes each side, or until lightly golden. Rub top side (sprayed with oil) of bread with cut garlic. Cut each piece of bread in half crossways, if you like.

**4** Spread the mashed avocado over the garlic side of each piece of bread. Then top with the tomato mixture and sprinkle over the crumbled feta. Serve immediately.



## SMOKED SALMON, DILL & RICOTTA MINI QUICHES

**PREP** 25 MINS **COOK** 25 MINS  
**SERVES** 4 (MAKES 12, 3 PER SERVE AS A STARTER)

- 6 slices (30g each) low-GI white bread or gluten-free bread
- 60g salt-reduced smoked salmon, finely chopped
- 2 green shallots, trimmed, finely sliced
- 1 tbsp finely chopped dill, plus extra sprigs, to serve
- Freshly ground black pepper
- 50g light Pantalica Smooth Ricotta
- 60g egg
- 60ml (¼ cup) low-fat milk
- ½ tsp Dijon mustard or gluten-free mustard

**1** Preheat oven to 180°C (fan-forced). Spray 12 x 30ml (1½ tbsp) round-bottomed patty pans with cooking spray.

**2** Using a rolling pin, roll each slice of bread out until thin. Using a 6.5cm round cutter, cut 2 rounds out of each slice of bread, using the remaining bread to make into breadcrumbs and freeze. Roll each round out a little more with the rolling pin. Use rounds to line patty pans, pressing down firmly. Bake for 4 minutes. Remove from the oven and set aside.

**3** Combine the salmon, shallots, dill and pepper in a small bowl. Divide the ricotta evenly between the bread cases and spread over base. Top with the salmon mixture. Whisk egg, milk and mustard together and pour a little into each case. Bake for 15-20 minutes or until set and light golden brown. Serve

warm with dill sprigs.



## GREENS WITH PARMESAN & GARLIC CRUMBS

**PREP** 15 MINS **COOK** 10 MINS  
**SERVES** 4 (AS A SIDE)

- 2 bunches broccolini, ends trimmed
- 2 bunches asparagus, woody ends trimmed
- Squeeze of fresh lemon juice

**PARMESAN & GARLIC CRUMBS**  
 30g sourdough bread or gluten-free bread, processed into crumbs  
 1 large clove garlic, crushed  
 2 tbsp finely grated parmesan  
 2 tsp shredded flat-leaf parsley

**1** To make the parmesan and garlic crumbs, preheat oven to 180°C (fan-forced). Line a small baking tray with baking paper. Combine the breadcrumbs, garlic and parmesan in a small bowl. Spread out over the lined tray. Bake for 5-8 minutes, stirring once, until crumbs are golden brown. Transfer to a bowl to cool. Once cool, stir in parsley.

**2** Meanwhile, put the broccolini and asparagus in a steamer basket over a large wok or saucepan of simmering water. Steam for 2 minutes or until the vegetables are tender crisp.

**3** To serve, place the greens on a serving platter. Drizzle with lemon juice. Sprinkle the garlic crumbs over and serve immediately.





## PROSCIUTTO-WRAPPED BABY CARROTS & ASPARAGUS

**PREP** 20 MINS **COOK** 15 MINS  
**SERVES** 4 (AS A SIDE)

- 16 baby (Dutch) carrots, trimmed, scrubbed
- 3 tsp wholegrain mustard or gluten-free mustard
- 4 thin slices prosciutto, halved lengthways
- 16 asparagus spears, woody ends trimmed
- 3 tsp balsamic vinegar
- 1 tsp extra virgin olive oil
- 1 tsp fresh lemon juice
- Freshly ground black pepper

**1** Preheat oven to 200°C (fan-forced). Line a large baking tray with baking paper.

**2** Put the carrots in a shallow, microwave-safe dish. Add 60ml (¼ cup) water. Cover and cook on High/100% for 2-3 minutes. Drain and rinse under cold water. Pat dry with paper towel.

**3** Spread a little mustard over each strip of prosciutto. Wrap two carrots and two asparagus spears in a strip of prosciutto. Place on the lined baking tray. Repeat with remaining carrots, asparagus and prosciutto, making eight bunches in total.

**4** Roast the vegetables for 10 minutes, or until the asparagus is tender. Whisk together the vinegar, oil, lemon juice and pepper. Place vegetable parcels on a platter. Drizzle dressing over the vegetables. Serve.



## SAGE, CHILLI & GARLIC ROAST POTATOES

**PREP** 20 MINS **COOK** 45 MINS  
**SERVES** 4 (AS A SIDE)

- 400g Carisma potatoes, peeled, cut into small chunks
- 400g orange sweet potato, peeled, cut into small chunks
- 1 tbsp extra virgin olive oil
- ⅓ cup sage leaves, halved lengthways
- 4 cloves garlic, thinly sliced
- ½ large red chilli, halved lengthways, seeds removed, very thinly sliced

**1** Put a large steamer basket over a pan of simmering water. Add the Carisma potatoes to basket and then steam for 2 minutes over medium heat. Add the sweet potato and then steam together for 12 minutes or until almost tender.

**2** Preheat oven to 220°C (fan-forced). Line a large roasting pan with baking paper. Arrange the potatoes in a single layer within the pan. Drizzle oil over potatoes and toss gently to combine.

**3** Roast potatoes for 25 minutes. Add sage, garlic and chilli to the roasting pan and toss to combine. Roast for 5 minutes or until the potatoes are light golden brown and crispy. Toss then serve.



## BROWN RICE & ROAST VEGETABLE SALAD

**PREP** 15 MINS (+ 20 MINS COOLING)  
**COOK** 30 MINS **SERVES** 4 (AS A SIDE)

- 85g (⅓ cup) SunRice Doongara Low-GI Brown Rice
- 350g eggplant, chopped
- 1 red onion, cut into thin wedges
- 1 red capsicum, chopped
- 2 zucchini, chopped
- 1 tbsp extra virgin olive oil
- 2 cloves garlic, crushed
- Juice of 1 lemon
- 2 tsp wholegrain mustard or gluten-free mustard
- 2 tsp balsamic vinegar
- 3 tbsp chopped flat-leaf parsley

**1** Cook the rice in a medium saucepan of boiling water for 25-30 minutes or until tender. Drain the rice and then transfer to a large bowl.

**2** Meanwhile, preheat oven to 220°C (fan-forced). Line a large roasting pan with baking paper. Put the eggplant, onion, capsicum, zucchini and oil in a bowl. Toss to combine then spread over roasting pan. Roast for 20 minutes or until tender. Add the garlic and toss to combine. Roast for 5



minutes or until the vegetables are light golden brown.

**3** Add the roasted vegetables to the rice and toss to combine. Whisk the lemon juice, mustard and vinegar in a small bowl. Add to the salad and toss to combine. Set aside for 20 minutes. Stir in the parsley and serve.



### **TURKEY STEAKS WITH CHERRY & PORT SAUCE**

**PREP** 15 MINS **COOK** 35 MINS **SERVES** 4 (AS A PART OF A MAIN)

1 tsp extra virgin olive oil

4 x 150g turkey breast steaks, pounded to an even thickness

#### **CHERRY & PORT SAUCE**

¼ tsp extra virgin olive oil

½ red onion, finely chopped

250g cherries, pitted, finely chopped

Zest of ½ orange

Juice of 1 orange

3cm piece ginger, peeled, finely grated

2 tbsp port

**1** To make the cherry and port sauce, heat oil in a medium saucepan over medium-low. Add the onion and cook, stirring occasionally, for 5-6 minutes or until the onion

softens. Add the cherries, orange zest, juice, ginger and port. Cover and bring to a simmer. Simmer, covered, over medium-low heat, for 10 minutes. Remove the lid and increase the heat to medium. Simmer, uncovered, for a further 15 minutes, or until the mixture thickens.

**2** Meanwhile, heat the oil in a large non-stick frying pan over medium-high heat. Add the turkey steaks and cook for 3 minutes on one side. Turn over and cook for 2 minutes or until the turkey is just cooked through.

**3** Serve the turkey steaks topped with the sauce.



### **ROAST CHICKEN WITH MARMALADE GLAZE**

**PREP** 15 MINS **COOK** 1 HOUR 10 MINS **SERVES** 4 (AS PART OF A MAIN; WITH LEFTOVERS FOR 2)

1.6kg free-range chicken, excess fat removed

3 tbsp Buderim Ginger Ginger, Lemon & Lime Marmalade

1 tbsp cranberry sauce

Zest and juice of 1 orange

60ml (¼ cup) salt-reduced chicken stock or gluten-free stock

2 tsp Dijon mustard or gluten-free mustard

1 tbsp thyme leaves

**1** Preheat oven to 180°C (fan-forced). Line a roasting pan with

baking paper. Use your fingers to loosen skin over chicken breast. Carefully remove skin off breasts and legs, leaving wings intact and skin on knuckles at end of legs. Place chicken in pan and tie legs together with kitchen string.

**2** Put the marmalade, cranberry sauce, orange zest and juice, stock and mustard in a small saucepan. Cook, stirring, over medium heat until well combined. Increase heat to high and bring to a simmer. Reduce heat to medium and simmer for 10-15 minutes, or until the mixture reduces and thickens. Stir in half of the thyme leaves.

**3** Brush the chicken with a little glaze. Roast for 50-60 minutes, brushing with extra glaze every 15 minutes (using a thicker layer of glaze on final coat), or until a skewer inserted in the thickest part of the chicken produces juices that run clear. Sprinkle over remaining thyme leaves, to serve.



### **SPICED NUTTY PAVLOVA WITH RICOTTA CREAM**

**PREP** 25 MINS (+ 2 HOURS COOLING) **COOK** 1 HOUR 30 MINS **SERVES** 4 (AS A DESSERT)

2 egg whites (from 60g eggs), at room temperature

Pinch cream of tartar

5 tbsp caster sugar

1 tsp cornflour or gluten free cornflour



- ½ tsp mixed spice
- 1 tbsp hazelnut meal
- 125g mixed berries (such as raspberries, blueberries and blackberries)
- 1 tbsp chopped roasted and skinned hazelnuts (see Cook's Tip)

#### RICOTTA CREAM

- 150g Pantalica Smooth Light Ricotta
- 1 tbsp icing sugar or gluten free icing sugar, sifted
- ½ tsp finely grated orange zest
- ¼ tsp vanilla extract

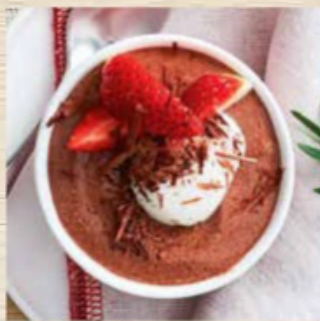
- 1 Preheat oven to 120°C (fan-forced). Line a large baking tray with baking paper.
- 2 Using electric beaters, whisk egg whites and cream of tartar until soft peaks form. Add sugar 1 tablespoon at a time, whisking well between each addition until the sugar dissolves. Continue whisking until all the sugar has dissolved. Stir in cornflour, mixed spice and hazelnut meal.
- 3 Spoon the mixture evenly into four piles and spread out each into circles that are about 9cm in diameter, rounding the sides with a palette knife. Add to the oven and then reduce the oven temperature down to 100°C (fan-forced). Bake for 1½ hours. Turn the oven off and put a wooden spoon into the oven to hold the door ajar. Leave in open oven for 2 hours to cool.

4 To make ricotta cream, combine ricotta, icing sugar, orange zest and vanilla extract in a small bowl.

5 To serve, place pavlova shells on serving plates. Top with ricotta cream, berries and chopped hazelnuts..

#### COOK'S TIP

To roast hazelnuts, spread on a small baking tray and roast in an oven preheated to 180°C (fan-forced) for 6-8 minutes or until aromatic. Rub the skins off the hazelnuts and roughly chop.



#### CHOCOLATE MOUSSE

**PREP** 20 MINS (+ 4 HOURS CHILLING)

**COOK** 10 MINS

**SERVES** 4 (AS A DESSERT)

- 2 tbsp cocoa powder or gluten-free cocoa powder, sifted
- 2 tbsp caster sugar
- 2 tbsp custard powder or gluten-free custard powder
- 250ml (1 cup) skim milk
- 2 tbsp boiling water
- 2 tsp powdered gelatine
- 130g (½ cup) low-fat vanilla yoghurt, plus extra 1 tbsp (1 tsp per person), to serve
- 2 egg whites (from 60g eggs), at room temperature
- 10g milk or dark chocolate, shaved, to serve
- 3 strawberries, quartered, to serve

1 Put cocoa powder, caster sugar and custard powder in a small saucepan. Gradually whisk in the milk. Cook, stirring, over medium heat until mixture thickens and comes to a simmer. Whisk until smooth. Set aside, whisking

occasionally to stop skin forming.

2 Put the boiling water in a small heatproof bowl and sprinkle over the gelatine. Stir well until gelatine is almost dissolved. Put in the microwave on High/100% for 20 seconds. Stir well until gelatine dissolves.

3 Whisk the gelatine into the chocolate mixture. Whisk in the ½ cup yoghurt. Set aside for 10 minutes.

4 Using electric beaters, whisk the egg whites in a large bowl until soft peaks form. Add a spoonful to the chocolate mixture and fold in well. Add the remaining egg white and fold in gently until just combined. Spoon mousse evenly between 4 serving dishes. Place dishes on a tray and put in the fridge for 4 hours, or until set.

5 To serve, top each individual mousse with a spoonful of yoghurt, a sprinkle of the chocolate shavings and a few slices of strawberry.



# MOCKTAIL HOUR

## Cook's Tip

You can buy ready made sugar syrup or simply make your own by heating equal parts of sugar and water in a small saucepan over low heat until sugar dissolves. Chill and keep in the fridge.

### Nutritional info

**PER SERVE** 670kJ (160Cal), **protein** 2g, **total fat** 0g (sat. fat 0g), **carbs** 34g, **fibre** 5g, **sodium** 8mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

### Nutritional info

**PER SERVE** 53kJ (13Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 3g, **fibre** 0g, **sodium** 17mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

## GF FROZEN BLACKBERRY SMOOTHIE

PREP 10 MINS SERVES 1 (AS A SNACK)

10 frozen blackberries  
1 small banana, sliced  
1 small piece drained ginger in syrup  
100ml 100% pomegranate juice or grape juice  
Ice cubes  
1 sprig thyme and 1 frozen blackberry, to garnish

1 Put the blackberries, banana, ginger, pomegranate juice and a few small ice cubes in a blender. Cover and blend until smooth and thick.  
2 Pour the smoothie into a serving glass and garnish with a thyme sprig and frozen blackberry.

GF

LC

## APPLE & GINGER COOLER

PREP 5 MINS SERVES 1 (AS A DRINK)

Ice cubes, to serve  
25ml cloudy apple juice  
1 tsp apple cider vinegar  
1 tsp of Buderim Ginger Ginger Refresher Cordial  
100ml Schweppes Infused Natural Mineral Water with Grapefruit  
1 sprig rosemary, to garnish

1 Fill a tumbler with ice. Pour in the apple juice, cider vinegar, ginger syrup and stir. Slowly top up with the sparkling water.

2 Stir again with a sprig of rosemary and leave it in the drink as the garnish.



Zero alcohol doesn't necessarily equal zero fun  
(and flavour)! Shaken or stirred?

How our  
food works  
for you  
see page 88

### Nutritional info

**PER SERVE** 167kJ (40Cal),  
**protein** 4g, **total fat** 0g  
(sat. fat 0g), **carbs** 5g,  
**fibre** 0g, **sodium** 64mg  
• **Carb exchanges** ½  
• **GI estimate** medium  
• **Gluten free** • **Lower carb**

### GF LC SAGE SOUR

**PREP** 5 MINS **SERVES** 1 (AS A DRINK)

50ml alcohol-free gin  
25ml fresh lemon juice  
5ml sugar syrup (see  
Cook's tip)  
4 sage leaves  
Ice cubes  
1 Tbsp egg white (from  
60g egg)

**1** Put the alcohol-free gin, lemon juice, sugar syrup, 3 of the sage leaves and a good handful of ice into a cocktail shaker. Shake hard until the outside of

the shaker is ice cold, then double strain into a small jug.

**2** Discard the ice and any remaining sage pieces, then pour the cocktail back into the shaker and add the egg white.

**3** Shake the shaker really hard to froth up the egg white, then pour into a cocktail glass. Garnish with the remaining sage leaf.

### Nutritional info

**PER SERVE** 156kJ (37Cal),  
**protein** 1g, **total fat** 1g  
(sat. fat 1g), **carbs** 7g,  
**fibre** 1g, **sodium** 19mg  
• **Carb exchanges** ½  
• **GI estimate** low  
• **Gluten free** • **Lower carb**

### GF LC

### PASSIONFRUIT & ELDERFLOWER SPRITZ

**PREP** 5 MINS (+ CHILLING) **SERVES** 1 (AS A DRINK)

50ml chilled orange & passionfruit juice  
25ml fresh lemon juice, chilled  
2 tsp elderflower cordial  
150ml chilled sparkling water  
1 tsp passionfruit seeds, to serve

**1** Make sure all the ingredients are well chilled before you start.

Ideally chill a flute glass too.

**2** Pour all of the ingredients into your glass, taking your time when you add the sparkling water so it doesn't overflow, then stir gently.

**3** Drop in a few passionfruit seeds to garnish.



# SNACK ATTACK

Keep it light with spiced cauliflower bites or a citrus-spiked salad

## BUFFALO CAULIFLOWER GFO

PREP 5 MINS COOK 35 MINS

SERVES 6 (AS A STARTER)

1 tbsp smoked paprika  
2 tsp ground cumin  
1 tsp garlic powder  
100g ( $\frac{2}{3}$  cup) plain flour or gluten-free flour  
200ml buttermilk or kefir  
500g cauliflower, broken into small florets  
80ml ( $\frac{1}{3}$  cup) hot sauce or gluten-free hot sauce  
1½ tbsp sugar-free maple syrup  
1 tbsp light margarine  
2 stalks celery, cut into sticks

### RANCH DIP

100g reduced-fat Greek yoghurt  
3 tbsp 97% fat-free mayonnaise or gluten-free mayonnaise  
2 tbsp chopped chives  
1 tbsp skim milk

1 Preheat oven to 200°C (fan-forced).  
Line a baking tray with baking paper.

2 Combine paprika, cumin, garlic powder and flour in a large bowl. Make a well in the centre and whisk in buttermilk. Add cauliflower and toss to coat. Spread out the cauliflower on the baking tray and cook, turning halfway during cooking, for 20-25 minutes or until crisp at the edges.

3 Put hot sauce, maple syrup and margarine in a small saucepan. Cook, stirring, over low heat for 2-3 minutes or until combined. Liberally brush over the cauliflower and return to the oven for 8-10 minutes.

4 Meanwhile, to make the ranch dip, whisk the yoghurt, mayonnaise, chives and milk in a small bowl, adding a little more milk if needed to make a dipping consistency.

5 Serve the cauliflower with the celery sticks and ranch dip.

### *nutritional info:*

**PER SERVE** 743kJ (178Cal),  
**protein** 7g, **total fat** 4g (sat.  
fat 2g), **carbs** 28g, **fibre** 3g,  
**sodium** 319mg • **Carb**  
**exchanges** 2 • **GI estimate**  
medium • **Gluten-free**  
**option**



GF LC

## SPICED FETA, PISTACHIO & MANDARIN SALAD

PREP 30 MINS (+ 3 HOURS DRAINING & OVERNIGHT CHILLING)

SERVES 6 (AS A LIGHT MEAL)

180g reduced-fat feta, crumbled  
250g reduced-fat Greek yoghurt  
½ tsp chilli flakes  
2 tbsp za'atar or mixed dried herbs  
50ml extra virgin olive oil  
1 tbsp honey  
2 tbsp white wine vinegar  
Freshly ground black pepper  
1 large eschalot, very thinly sliced into rings  
150g rocket or spinach leaves  
4 mandarins, peeled and sliced horizontally  
½ small bunch of mint  
40g shelled unsalted pistachios, chopped  
50g pomegranate seeds or 30g Ocean Spray  
50% reduced-sugar Craisins

**1** Put the feta in a bowl with the yoghurt and mash together well with a fork. Put in a sieve set over a bowl for 3 hours. Cover and put in the fridge overnight.

**2** The next day, roll the feta mixture into 12 balls the size of walnuts. Combine the chilli and za'atar in a large shallow dish. Roll the feta balls in the mixture to coat. Put in the fridge to chill for 30 minutes.

**3** Combine the oil, honey and vinegar in a small bowl. Season with pepper. Toss the eschalot, rocket, mandarin and mint in a bowl.

Arrange the salad over a large platter. Top with the feta balls and drizzle over the dressing. Sprinkle with the pistachios and pomegranate seeds.

### Nutritional info

**PER SERVE** 1230kJ (293Cal), protein 14g, total fat 18g (sat. fat 5g), carbs 16g, fibre 4g, sodium 490mg • Carb exchanges 1 • GI estimate low • Gluten free • Lower carb

### Cook's Tip

The feta balls will keep in the fridge for up to 3 days- simply place in an airtight container and cover with a layer of oil.



# COOKING FOR ONE

Make solo dining something special with these simply delicious single serves



Creamed spinach omelette  
Recipe, page 42





How our  
food works  
for you  
see page 88

Marinated beans with kale  
& cod  
*Recipe, page 40*





## mains

GF

### MARINATED BEANS WITH KALE & COD

**PREP** 10 MINS **COOK** 10 MINS **SERVES** 1 (AS A MAIN)

1 small eshalot, finely chopped  
2 tsp red wine vinegar  
50g kale, tough stems removed, torn  
2 tsp olive oil  
1 tsp fresh lemon juice  
½ x 400g can drained and rinsed no-added-salt cannellini beans  
2 tbsp 97% fat-free sun-dried tomatoes, finely chopped  
Pinch dried chilli flakes  
1 clove garlic, crushed  
1 tbsp chopped flat-leaf parsley  
1 tbsp chopped mint  
1 tbsp chopped dill  
150g skin-on blue-eye cod fillet  
Freshly ground black pepper  
1 tsp light margarine

**1** Put the eshalot and vinegar in a large bowl. Set aside for 5 minutes.

**2** Meanwhile, put the kale in a separate bowl and drizzle with 1 teaspoon of olive oil and the lemon juice. Massage for 2-3 minutes to soften the kale.

**3** Add the beans, tomatoes, chilli flakes, garlic, parsley, mint and dill along with the kale to the bowl with the eshalot. Drizzle over the remaining oil and gently stir to combine. Season with pepper and set aside for 10 minutes.

**4** Spray a large non-stick frying pan with cooking spray. Heat over medium-high heat. Season the fish with pepper. Once the pan is hot, add the fish, skin-side down. Cook, undisturbed, for 2-3 minutes or until the skin is crispy and golden. Carefully turn over the cod and cook for 1 minute until just cooked through. Add the margarine to the pan and, using a spoon, briefly baste the fish.

**5** Put the marinated beans on a plate and top with the fish. Finish with a final sprinkle of freshly ground black pepper and serve.

#### Nutritional info

**PER SERVE** 2050kJ (490Cal), **protein** 42g, **total fat** 20g (sat. fat 4g), **carbs** 27g, **fibre** 15g, **sodium** 239mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

GFO

### ROAST CHICKEN & ASPARAGUS PANZANELLA

**PREP** 10 MINS **COOK** 25 MINS **SERVES** 1 (AS A MAIN)

1 x 150g skin-on chicken breast fillet, trimmed of excess fat  
1½ tbsp olive oil, plus 1 tsp extra  
Freshly ground black pepper  
100g thin asparagus, woody ends trimmed  
1 small (28g) wholemeal pita or gluten-free pita, torn into pieces  
Zest and juice of ½ lemon  
1 tsp honey  
1 tbsp dill, half finely chopped, half roughly torn  
1 roasted pepper from a jar, chopped  
½ small red onion, thinly sliced  
2 tsp drained capers, roughly chopped

**1** Preheat oven to 180°C (fan-forced). Line a small roasting tin with baking paper. Put the chicken skin-side up in the roasting tin. Drizzle with the 1 teaspoon of olive oil and season well with pepper. Roast for 25 minutes or until the chicken is cooked through with crispy skin.

**2** Meanwhile, halfway through the chicken cooking time, put the asparagus and pita in a large baking tray and drizzle with 1 tablespoon of oil. Add the lemon zest and season with pepper. Toss to combine. Transfer to the oven and roast for 10-12 minutes or until the asparagus is crisp and tender, and the pita is lightly toasted.

**3** Transfer the asparagus and pita to a large bowl and set aside. Keeping all the juices in the pan, transfer the chicken to a chopping board or large plate, remove and discard the skin from the chicken, and shred the meat. Set aside to cool.

**4** Skim any excess fat from the cooking juices. Whisk the lemon juice, honey, finely chopped dill and remaining oil in a bowl. Slowly whisk in the chicken juices until the dressing is emulsified, then lightly season with pepper. Add the roasted pepper and onion to the bowl with the asparagus and pita. Toss with 2 tablespoons of the dressing. Set aside for 10 minutes before adding the chicken, capers and remaining dressing, if you like. Toss to combine and serve.

#### Nutritional info

**PER SERVE** 2340kJ (559Cal), **protein** 38g, **total fat** 31g (sat. fat 5g), **carbs** 29g, **fibre** 7g, **sodium** 397mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**



Roast chicken & asparagus  
panzanella  
*Recipe opposite*





## mains



### CREAMED SPINACH OMELETTE

**PREP** 10 MINS **COOK** 10 MINS **SERVES** 1 (AS A MAIN)

150g cherry tomatoes, still on the vine  
1 tsp olive oil  
Freshly ground black pepper  
30g Philadelphia Chive & Onion Cream Cheese  
200g frozen chopped spinach, defrosted, drained  
and any excess liquid squeezed out  
1 tbsp skim milk  
1 tsp grated parmesan  
Pinch of dried chilli flakes  
Pinch of grated or ground nutmeg  
3 x 60g eggs, lightly whisked

**1** Preheat grill on high. Toss the tomatoes with half a teaspoon of the oil on a small oven tray. Season with pepper. Grill, turning occasionally, for 5 minutes or until the tomatoes are charred, blistered and just softened. Transfer to a plate, cover with foil to keep warm.

**2** Meanwhile, put a 20cm non-stick frying pan over medium heat. Melt the cream cheese, then add the spinach and milk, stirring to combine. Add the parmesan, chilli flakes and nutmeg, and stir again to combine. Season with pepper. Transfer to a bowl. Cover with foil to keep warm.

**3** Wipe the frying pan out with paper towel and add the remaining oil. Put over medium heat. Lightly season the eggs with pepper then pour into the pan, gently rotating it to allow the eggs to swirl and evenly coat the bottom. Let it set for 30 seconds then, using a rubber spatula, gently bring in the edges of the omelette, allowing any runny egg to run to the sides. Do this a couple of times until it has only just set – the surface should still be a little wet.

**4** Add the creamed spinach to one side of the omelette. Carefully fold over the empty side so the spinach is covered. Slide the omelette onto a plate and serve with the grilled tomatoes.

#### Nutritional info

**PER SERVE** 1860kJ (445Cal), **protein** 34g, **total fat** 28g (sat. fat 10g), **carbs** 8g, **fibre** 14g, **sodium** 643mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**



### CURRY FRIED RICE

**PREP** 10 MINS (+ 30 MINS MARINATING) **COOK** 10 MINS  
**SERVES** 1 (AS A MAIN)

2cm piece ginger, peeled and roughly chopped  
2 cloves garlic, peeled and roughly chopped  
½ green chilli, roughly chopped  
2 tsp olive oil  
50g paneer, cut into 1cm cubes  
125g (¾ cup) cooked brown basmati rice  
1 carrot, finely chopped  
80g mushrooms, thickly sliced  
55g (⅓ cup) frozen peas  
1 green shallot, trimmed and finely chopped  
½ tsp mild curry powder or gluten free curry powder  
Small handful of coriander leaves, roughly chopped  
Juice of 1 lime

**1** Put the ginger, garlic and chilli in a small food processor and process until a smooth paste forms, adding 1-2 tsp of water to loosen if needed. Put the paneer in a small bowl along with half the paste and stir to coat. Set aside for 30 minutes to marinate.

**2** Put a wok over a high heat. Add 1 teaspoon of the oil and once hot add the paneer. Cook, stirring frequently, for 2-3 minutes or until golden. Transfer to a plate, cover loosely with foil and set aside.

**3** Add half the remaining oil to the wok and return to the heat. Add the rice and stir-fry for 2 minutes or until heated through. Scrape the rice into a bowl. Add the remaining oil to the wok and stir-fry the carrot and mushrooms for 1 minute, then add the peas and green shallot. Stir-fry for a further minute. Add the remaining ginger paste and the curry powder. Stir-fry for 1 minute.

**4** Add the rice and paneer back into the wok. Toss to combine. Remove the wok from the heat and stir in the coriander and lime juice.

#### Nutritional info

**PER SERVE** 2190kJ (524Cal), **protein** 20g, **total fat** 19g (sat. fat 7g), **carbs** 59g, **fibre** 17g, **sodium** 159mg • **Carb exchanges** 4 • **GI estimate** medium • **Gluten-free option**



Curry fried rice  
*Recipe opposite*





## mains

### *Nutritional info*

**PER SERVE** 1710kJ (409Cal), **protein** 28g, **total fat** 25g (sat. fat 5g), **carbs** 19g, **fibre** 7g, **sodium** 541mg • **Carb exchanges** 1½ • **GI estimate** low  
• **Gluten-free option** • **Lower carb**



### NIÇOISE JACKET POTATO

**PREP** 10 MINS **COOK** 50 MINS

**SERVES** 1 (AS A MAIN)

1 x 150g Carisma potato, unpeeled, scrubbed, pat dry with paper towel

3 tsp olive oil

1 x 60g egg

80g small green beans, trimmed

2 tsp fresh lemon juice

¼ tsp Dijon mustard or gluten-free mustard

1 tsp finely chopped flat-leaf parsley leaves

Freshly ground black pepper

95g can tuna in springwater, drained, broken into chunks

50g cherry tomatoes, quartered

3 pitted kalamata olives, cut into thin wedges

½ green shallot, thinly sliced

**1** Preheat oven to 200°C (fan-forced). Prick the potato all over with a fork and rub with 1 teaspoon of the oil. Transfer to the oven and bake directly on the oven rack for 50 minutes or until the potato is tender with a crispy skin.

**2** Meanwhile, bring a small saucepan of water to the boil. Slowly lower in the egg and cook for 7 minutes. During the final 2 minutes of cooking time, add the green beans and cook until al dente. Drain in a colander and plunge everything into a bowl of cold water. Drain. Set aside.

**3** Whisk the lemon juice, mustard and parsley in a small bowl. Slowly drizzle and whisk in the remaining oil. Season with pepper. Peel the egg, roughly chop then add to the dressing with the green beans, tuna, tomatoes, olives and shallot. Gently toss together to combine.

**4** Carefully split the baked potato down the middle and using a fork, gently fluff the inside. Pile the salad on top, finishing with a sprinkle of freshly ground black pepper.



# Orange & Chia Seed

## BIRCHER MUESLI

Serves 2

### Ingredients:

- 1 cup rolled oats
- 4 scoops Glucerna Vanilla Powder
- 2 tbsp chia seeds
- 1 orange squeezed to make ½ cup freshly squeezed orange juice and pulp
- 1 tsp orange rind, finely grated
- ¾ cup natural yoghurt
- ½ tsp cinnamon
- 1 green apple, grated
- ¼ cup slivered almonds
- ¼ cup chopped apricots or other dried fruit

### Method:

- In a mixing bowl, mix the Glucerna Powder into the yoghurt.
- Grate enough orange peel to make 1 teaspoon of rind.
- Squeeze the orange to make ½ cup juice and collect the pulp without the seeds.
- Add these to the Glucerna mix, then add in all the other ingredients and mix until combined.
- Leave the mixture to soften in the fridge overnight, or serve immediately with an extra sprinkle of cinnamon.

RECIPE



Scan the QR code to download more Glucerna recipes



Advanced slow-release carbohydrate blend to help manage blood glucose levels<sup>1-5</sup>



Unique fat blend to help support a healthy heart<sup>5,6</sup>



4x more Myo-Inositol\*, which has been shown to support insulin sensitivity<sup>5,7-9</sup>

**Food for Special Medical Purposes. Use only under medical supervision.**

Glucerna is formulated to support people living with diabetes or impaired glucose tolerance, as part of a diabetes management plan including diet and exercise.<sup>5</sup>

\*Compared to Glucerna® S434 per serving.

**References:** 1. Dávila LA, et al. *Nutrients*. 2019;11(7):1477. 2. Devitt A, et al. *Journal of Diabetes Research and Clinical Metabolism*. 2012;1(1):20. 3. Mottalib A, et al. *Nutrients*. 2016;8(7):443. 4. Peng J, et al. *Br J Nutr*. 2019;121(5):560-66. 5. Glucerna® Product Label. 6. West SG, et al. *Diabetologia*. 2005;48:113-22. 7. Bevilacqua A, et al. *Int J Endocrinol*. 2018;2018:1968450. 8. Dang NT, et al. *Biosci Biotechnol Biochem*. 2010;74(5):1062-7. 9. Yamashita Y, et al. *J Agric Food Chem*. 2013;61(20):4850-4.

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Creamy, tangy and incredibly versatile, this is a great dairy switch when you want flavour without the heaviness.

# 5 HEALTHY WAYS WITH Yoghurt



How our  
food works  
for you  
see page 88

GF LC

## COLESLAW WITH TAHINI YOGHURT DRESSING

PREP 15 MINS SERVES 6 (AS A SIDE)

1½ tbsp tahini  
5 tbsp reduced-fat Greek-style natural yoghurt  
½ clove garlic, crushed  
Freshly ground black pepper  
2-3 tbsp cold water  
1 small red cabbage, quartered and shredded  
3 small carrots, cut into fine matchsticks  
1 small brown or red onion, halved and thinly sliced

**1** Put the tahini, yoghurt and garlic in a large bowl. Season with pepper and mix until smooth.

**2** The dressing will thicken so add enough cold water to loosen it. Add the cabbage, carrot and onion to the dressing. Toss together until everything is well coated.

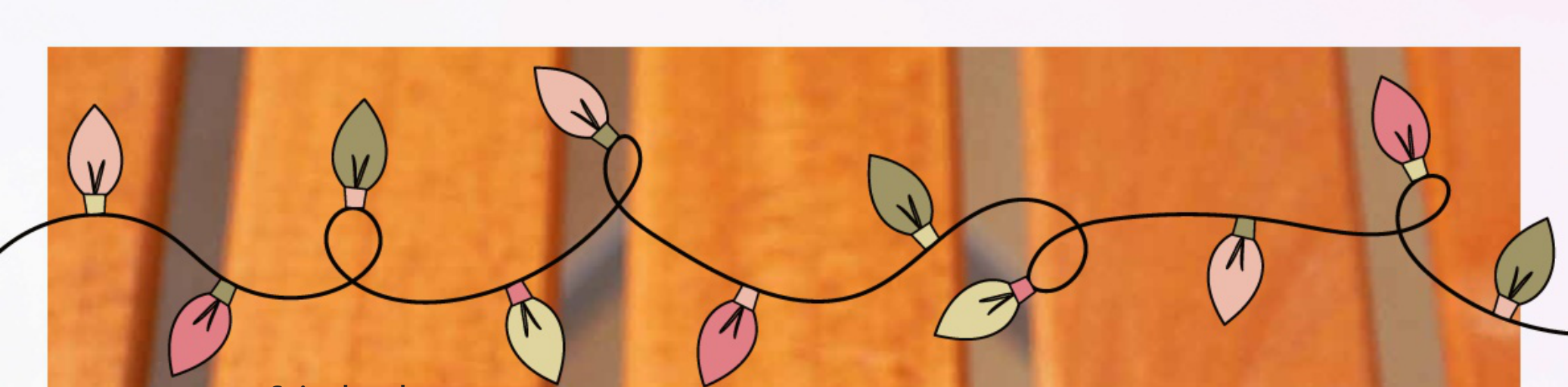
### Nutritional Info

**PER SERVE** 370kJ (88Cal),  
**protein** 4g, **total fat** 1g (sat. fat 1g),  
**carbs** 7g, **fibre** 5g, **sodium** 55mg  
• **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

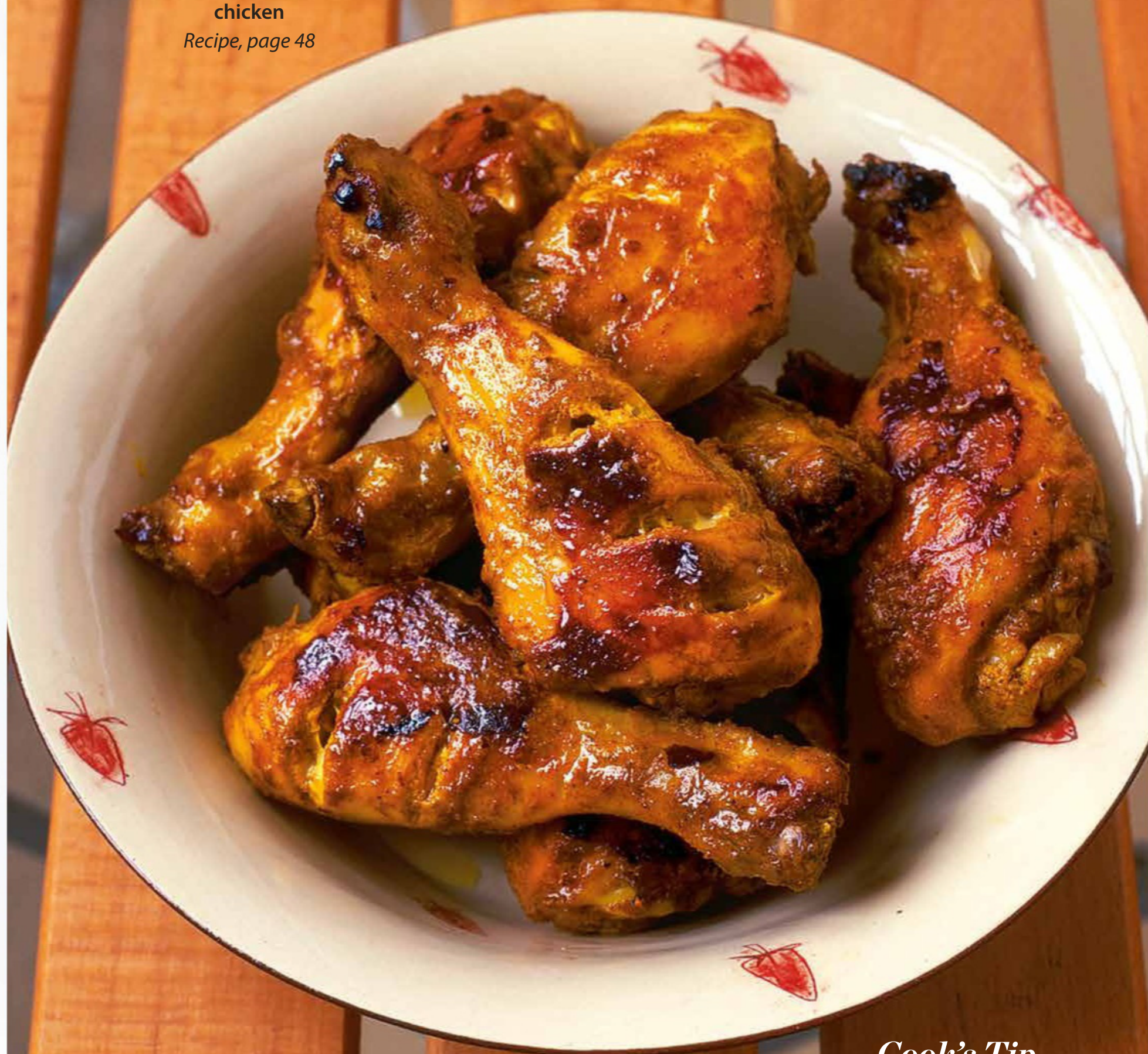
### serving suggestion

Use in sandwiches and wraps for lunch; serve with grilled fish or pork for dinner.





Spiced yoghurt  
chicken  
*Recipe, page 48*



### *Cook's Tip*

To remove the chicken skin, wrap the bone end with a piece of paper in one hand and use the other hand to pull the skin off the chicken.





### serving suggestion

Serve with chargrilled lean lamb steaks and steamed baby potatoes or falafels and rocket leaves for a vegetarian option.

GF LC

## SPICED YOGHURT CHICKEN

**PREP** 10 MINS (+ 30 MINS MARINATING) **COOK** 25 MINS  
**SERVES** 4 (AS A MAIN)

8 skinless chicken drumsticks (see Cook's Tip p47)

130g (½ cup) low-fat natural yoghurt

1 tbsp ground cumin

1 tbsp ground coriander

2 tsp ground turmeric

¼ tsp ground chillies

Freshly ground black pepper

280g broccoli florets, steamed, to serve

2 large carrots, sliced and steamed, to serve

210g snow peas, steamed, to serve

**1** Use a small sharp knife to make a few slashes in each drumstick.

Whisk the yoghurt, cumin, coriander, turmeric and chillies in a bowl until smooth and well combined. Season with pepper.

**2** Add the drumsticks to the marinade, rubbing the mixture well into the meat. Cover and put in the fridge for 30 minutes to marinate.

**3** Preheat a barbecue grill on medium. Remove the drumsticks from the marinade, shaking off the excess. Add the chicken to the barbecue and cook for 20-25 minutes, turning occasionally, until cooked through. Alternatively, preheat oven to 180C (fan-forced) and roast the drumsticks for 30 minutes or until cooked.

**4** Serve chicken with the vegetables.

### Nutritional info

**PER SERVE** 1270kJ (304Cal), **protein** 39g, **total fat** 9g (sat. fat 2g), **carbs** 12g, **fibre** 8g, **sodium** 208mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

GF V

## GRILLED EGGPLANT WITH YOGHURT & MINT

**PREP** 10 MINS **COOK** 50 MINS  
**SERVES** 4 (AS A SIDE)

4 small eggplant, sliced into 1cm-thick rounds

2 tbsp olive oil

Freshly ground black pepper

130g (½ cup) low-fat natural yoghurt

Juice of ½ lemon

2 cloves garlic, crushed

Small bunch mint leaves, coarsely chopped

**1** Put the eggplant and oil in a large bowl. Season with pepper and turn to coat.

**2** Preheat a chargrill pan on medium-high. Add some of the eggplant slices and cook for 2-3

minutes on each side until soft and lightly charred. Transfer to a plate and repeat with the remaining eggplant slices. Set aside to cool slightly.

**3** Meanwhile, combine the yoghurt, lemon juice, garlic and mint in a bowl. Season with pepper.

**4** Drizzle the yoghurt mixture over the eggplant and serve at room temperature.

### Nutritional info

**PER SERVE** 796kJ (190Cal), **protein** 6g, **total fat** 11g (sat. fat 2g), **carbs** 12g, **fibre** 10g, **sodium** 47mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**





GFO LC

### SUPERGREEN SOUP WITH YOGHURT & PINE NUTS

**PREP** 10 MINS **COOK** 25 MINS

**SERVES** 2 (AS A LIGHT MEAL)

2 tsp olive oil  
 1 brown onion, chopped  
 2 cloves garlic, crushed  
 1 (250g) Carisma potato, unpeeled, cut into small cubes  
 400ml salt-reduced vegetable stock or gluten-free stock  
 200ml water  
 120g bag mixed watercress, rocket and spinach salad  
 130g (½ cup) low-fat natural yoghurt, whisked until smooth

20g pine nuts, toasted  
 Chilli oil, to serve (optional)

**1** Heat the olive oil in a medium saucepan over medium-low heat. Add the onion and cook, stirring occasionally, for 10 minutes or until the onion softens but doesn't colour. Add the garlic and cook, stirring, for 1 minute.

**2** Add the potato, stock and water to the pan. Cover and bring to the boil over high heat. Reduce heat to medium and cook, partially covered, for 10-12 minutes or until the potato is very soft. Add the bag

of salad greens and stand for 1 minute.

**3** Use a hand held blender (or transfer to a blender) and blend until smooth. Serve the soup topped with a dollop of yoghurt, pine nuts and a drizzle of chilli oil, if using.

#### Nutritional info

**PER SERVE** 1060kJ (254Cal), **protein** 12g, **total fat** 14g (sat. fat 2g), **carbs** 23g, **fibre** 7g, **sodium** 632mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



## 5 ways

GF

### FROZEN TROPICAL FRUIT YOGHURT

PREP 15 MINS

SERVES 6 (AS A DESSERT)

480g frozen mango

170g reduced-fat Greek yoghurt

2 tbsp sugar-free maple syrup

150g finely chopped rockmelon  
flesh, to serve

3 passionfruit, pulp removed, to  
serve

1 Put the frozen mango, yoghurt  
and maple syrup in a small food  
processor. Cover and blend until  
smooth, scraping down the side of

the bowl when necessary.

2 Scoop the mixture straight into  
serving bowls, or transfer to a  
freezerproof container and freeze  
to serve later.

3 Spoon the rockmelon and  
passionfruit over the frozen  
yoghurt. Serve.

#### *Nutritional info*

**PER SERVE** 359kJ (86Cal), **protein**  
3g, **total fat** 1g (sat. fat 1g), **carbs**  
16g, **fibre** 3g, **sodium** 40mg • **Carb**  
**exchanges** 1 • **GI estimate** low  
• **Gluten free**



With a festive hue and a long list of benefits, you can feel good about adding this refresher to the menu.

# TEA TIME

## Cook's Tip

Dried hibiscus flowers can be bought online or in selected health food or wholefood stores.

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### ICED HIBISCUS TEA

**PREP** 5 MINS (+ STEEPING)

**SERVES** 2 (AS A DRINK)

10g whole dried hibiscus flowers  
(see Cook's Tip)

Ice, to serve

1 tsp honey per serve, to sweeten

**1** Boil a kettle of water, then set the kettle aside for 1 minute to cool slightly. Put the flowers in a heatproof jug and pour over 500ml (2 cups) of water. Set aside to steep for 16 minutes. This is the optimum time and temperature for extracting the beneficial antioxidants.

**2** Fill two large glasses with ice. Strain over the tea and sweeten with the honey.

### Nutritional info

**PER SERVE** 47kJ (11Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 3g, **fibre** 0g, **sodium** 8mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

### Colourful and refreshing

The rich colour the flowers impart to this tea couldn't be brighter, while the flavour is tart, a bit like cranberry juice. This is a refreshing option while doing you good, too, as hibiscus contains many beneficial compounds that act as antioxidants, including anthocyanins, phenolic acids and flavonoids. Why not experiment with additional flavourings when steeping the flowers? You could add a few strawberries, slices of orange, a cinnamon stick or vanilla pod.

### Benefits of hibiscus flower

- \* Taken as a powder, extract or prepared by steeping the dried flowers in boiling water, this vibrant plant comes with a plethora of health benefits.
- \* Packed with antioxidants
- \* Contains vitamin C and beta-carotene
- \* May support liver health
- \* Anti-inflammatory properties
- \* Supports healthy blood pressure levels



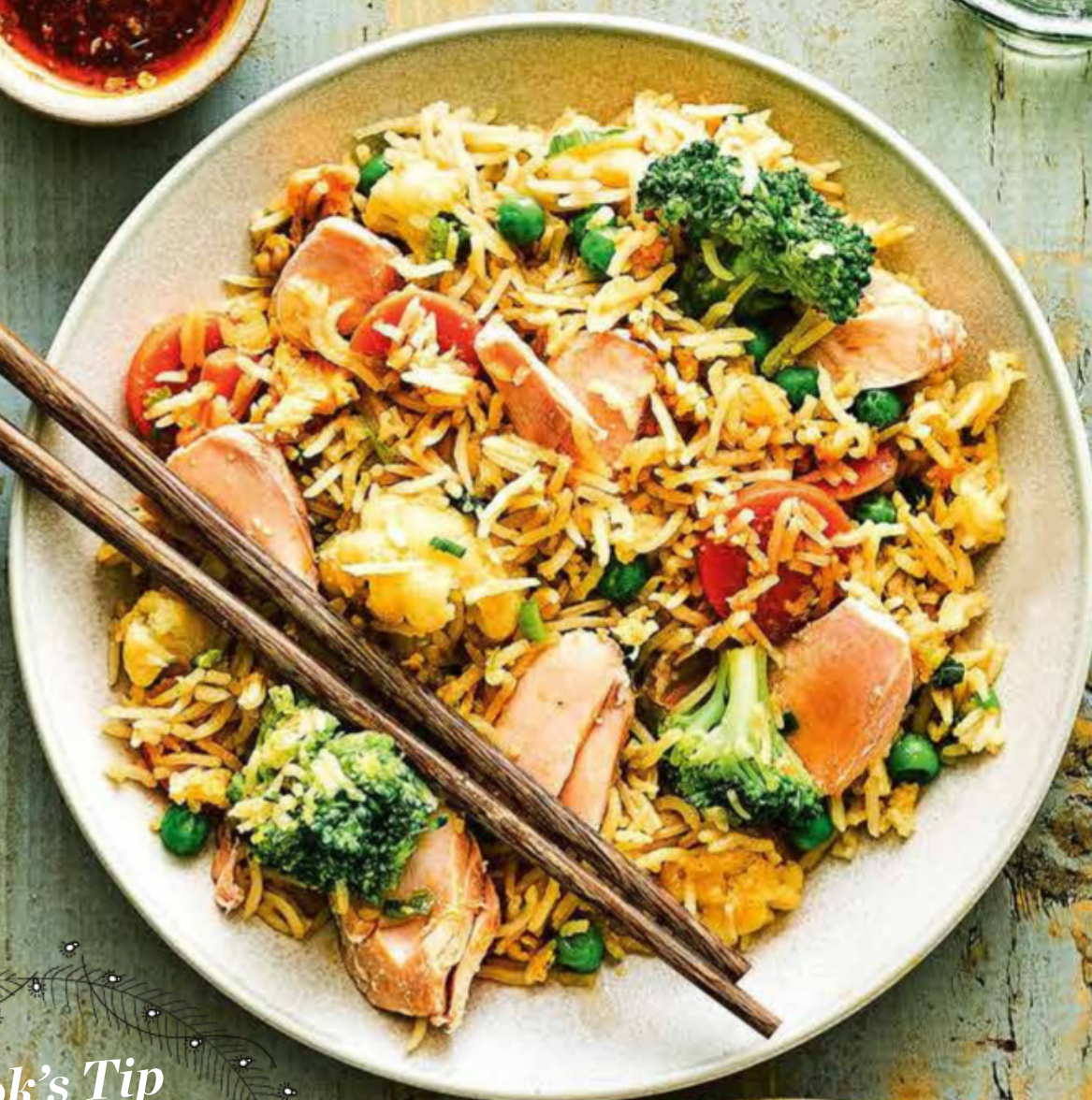
**mains**

# RUSH-HOUR meals

When you need a healthy dinner in a hurry, give these tasty options a whirl

How our  
food works  
for you  
see page 88





**Salmon flash-fried rice**  
*Recipe, page 58*

### *Cook's Tip*

To cook the salmon, preheat a chargrill or non-stick frying pan on medium heat. Spray salmon with cooking spray and season with pepper. Cook for 3-4 minutes each side or until cooked through.

### **HEALTH TIP**

To boost the nutrient and fibre content of this meal use brown basmati rice in place of white basmati rice.







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## **PINEAPPLE CHICKEN & VEG WRAPS**

**PREP** 10 MINS **COOK** 25 MINS

**SERVES** 4 (AS A MAIN)

- 1 tbsp olive oil
- 1 large brown onion, halved and sliced
- 2 red or yellow capsicum, cut into short, thick strips
- 1 large clove garlic, grated
- 1 tbsp ground cumin
- 1 tbsp dried oregano
- 1 tbsp smoked or sweet paprika
- 400g skinless chicken breast fillet, fat trimmed, cut into thin strips
- 400g can no-added-salt chopped tomatoes
- 1 x 227g can pineapple rings in natural juices, drained, cut into small pieces

- 8 Mission White Corn Tortillas
- 2 tbsp 97% fat-free mayonnaise or gluten-free mayonnaise, to serve

**1** Heat the oil in a large non-stick frying pan over medium heat. Add the onion and capsicum and cook, stirring often, for 10 minutes or until the vegetables soften. Add the garlic, cumin, oregano and paprika. Cook, stirring, for 1 minute.

**2** Increase heat to high and add the chicken strips, tomatoes and pineapple to the pan. Bring to the boil. Reduce heat to medium and simmer, covered, for 5 minutes. Remove the lid and continue to cook, uncovered, stirring occasionally, for 10 minutes or until

the chicken is cooked through.

**3** Spread the tortillas with mayonnaise. Pile in the chicken and vegetables. Fold up and enjoy!

### ***Nutritional info***

**PER SERVE** 1670kJ (398Cal), **protein** 30g, **total fat** 9g (sat. fat 2g), **carbs** 44g, **fibre** 10g, **sodium** 152mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

**LOWER-CARB OPTION:** Replace the tortillas with 8 Simson's Pantry Low Carb Keto Wraps.

**PER SERVE** 2010kJ (480Cal), **protein** 45g, **total fat** 18g (sat. fat 5g), **carbs** 24g, **fibre** 24g, **sodium** 480mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**





Lemon & greens pesto pasta  
*Recipe, page 56*





## mains



### LEMON & GREENS PESTO PASTA

**PREP** 10 MINS **COOK** 15 MINS **SERVES** 6 (AS A MAIN)

350g dried pasta (we used spaghetti)  
or gluten-free pasta  
300g broccoli, cut into florets  
1 cup basil leaves  
2 cups baby spinach leaves, wilted in boiling water,  
cooled and excess water squeezed out  
4 tbsp pine nuts  
1 clove garlic, grated  
Zest and juice of half a lemon  
5 tbsp extra virgin olive oil  
150g (1 cup) frozen peas, set aside in boiling water  
until heated through, drained  
3 tbsp grated parmesan  
3 tbsp light ricotta  
Freshly ground black pepper

**1** Cook the pasta in a large saucepan of boiling water following packet instructions.

**2** Meanwhile, cook the broccoli in a small saucepan of boiling water for 3-4 minutes or until just tender. Drain the broccoli and transfer to a small food processor. Add the basil, spinach and pine nuts. Process until combined. Transfer to a bowl.

**3** Stir the garlic, lemon zest and juice, olive oil, peas, parmesan and ricotta into the broccoli mixture. Season with pepper.

**4** Drain the pasta, reserving a little of the cooking water. Return the pasta to the pan and add the pesto along with a splash of the reserved cooking water to loosen. Toss until well combined. Serve.

#### *Nutritional info*

**PER SERVE** 1980kJ (473Cal), **protein** 16g, **total fat** 25g (sat. fat 4g), **carbs** 43g, **fibre** 7g, **sodium** 106mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

**LOWER-CARB OPTION:** Replace pasta with 400g Slendier Edamame Bean Spaghetti, prepared according to packet instructions.

**PER SERVE** 1450kJ (347Cal), **protein** 18g, **total fat** 26g (sat. fat 5g), **carbs** 6g, **fibre** 10g, **sodium** 108mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**



### CHORIZO VEG FRITTERS

**PREP** 20 MINS **COOK** 15 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

420g can no-added-salt corn kernels, drained  
1 small zucchini, coarsely grated  
4 green shallots, finely chopped  
110g cured chorizo, chopped  
4 tbsp wholemeal plain flour or gluten-free flour  
1 tbsp chopped coriander leaves  
1 tsp sweet paprika  
2 x 60g eggs, whisked  
4 tbsp skim milk  
Freshly ground black pepper

#### QUICK SALSA

4 medium tomatoes, finely chopped  
1 green shallot, thinly diagonally sliced  
½ clove garlic, grated  
Juice of half a lime  
1 tbsp chopped coriander leaves  
2 tsp olive oil

**1** Put the corn, zucchini, shallots, chorizo, flour, coriander, paprika, eggs and milk in a large bowl. Season with pepper and mix until well combined.

**2** To make the quick salsa, combine all the ingredients in a medium bowl.

**3** Spray a large non-stick frying pan over medium heat. Spoon 1½ tablespoons of the batter at a time into the pan to form a fritter, cooking a few fritters at a time. Cook for about 5 minutes, turning halfway, or until golden brown and cooked through. Transfer to a plate lined with paper towel. Cook the remaining fritters in batches, spraying with more oil when necessary, making a total of 12 fritters.

**4** Divide the fritters between serving plates and top with the salsa. Serve.

#### *Nutritional info*

**PER SERVE** 1200kJ (287Cal), **protein** 15g, **total fat** 15g (sat. fat 4g), **carbs** 20g, **fibre** 6g, **sodium** 380mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**





### ***Cook's Tip***

Freeze cooked fritters on a tray, then transfer to a resealable freezer bag for up to 2 months. Defrost at room temperature, then reheat in a low oven.

Chorizo veg fritters  
*Recipe, opposite*



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## SALMON FLASH-FRIED RICE

PREP 5 MINS COOK 10 MINS

SERVES 4 (AS A MAIN)

2 tsp sesame oil  
2 tsp olive oil  
2 green shallots, chopped  
350g mixed frozen vegetables (eg peas, capsicum, corn & broccoli)  
250g (1¼ cups) basmati rice, cooked following packet directions, cooled slightly  
3 tsp salt-reduced soy sauce or gluten-free soy sauce  
1 tsp sugar-free maple syrup  
2 x 60g eggs, lightly whisked  
4 x 100g skinless and boneless salmon fillets, cooked, cooled, flaked (see Cook's Tip)

1 Heat the oils in a wok over high heat. Add the shallots and stir-fry for 1 minute. Add in the mixed vegetables and stir-fry for 2-3 minutes or until the vegetables are defrosted.

2 Add the rice, soy sauce and maple syrup to the pan. Cook, tossing, for 1 minute. Add the whisked eggs and cook, stirring, until the mixture resembles egg fried-rice. Gently toss through the salmon, being careful not to break it up too much.

### *Nutritional info*

**PER SERVE** 2240kJ (536Cal), **protein** 32g, **total fat** 20g (sat. fat 5g), **carbs** 54g, **fibre** 3g, **sodium** 207mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

**PER SERVE** (using brown basmati rice) 2260kJ (540Cal), **protein** 32g, **total fat** 22g (sat. fat 5g), **carbs** 51g, **fibre** 5g, **sodium** 207mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**







Sausage &  
mushroom ragu

## mains

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### SAUSAGE & MUSHROOM RAGU

**PREP** 10 MINS **COOK** 25 MINS

**SERVES** 4 (AS A MAIN)

2 tbsp olive oil  
1 carrot, grated  
3 green shallots, finely chopped  
2 cloves garlic, grated  
175g mushrooms, finely chopped or grated  
1 tsp dried oregano  
1 tsp fennel seeds  
6 Peppercorn Pork & Red Onion Sausages, squeezed out of their skins  
400g can no-added-salt chopped tomatoes  
1 tbsp reduced salt and sugar tomato sauce  
100ml water  
Freshly ground black pepper  
140g ( $\frac{3}{4}$  cup) couscous, cooked following packet directions

**1** Heat the oil in a medium saucepan over medium heat. Add the carrot, shallots, garlic, mushrooms, oregano and fennel. Cook, stirring occasionally, for 5 minutes.

**2** Add the sausage meat to the pan and cook, stirring often, for 3-4 minutes or until the mince is browned all over. Add the chopped tomatoes, tomato sauce and water. Increase heat to high and bring to the boil. Reduce heat to low, cover and simmer, stirring occasionally, for 20 minutes. Season with pepper.

**3** Serve the ragu with the couscous.

#### *Nutritional info*

**PER SERVE** 1970kJ (471Cal), **protein** 23g, **total fat** 21g (sat. fat 5g), **carbs** 44g, **fibre** 7g, **sodium** 721mg • **Carb exchanges** 3 • **GI estimate** medium

**LOWER-CARB OPTION:** Omit the couscous and serve with 1 cup/serve steamed cauliflower rice.

**PER SERVE** 1580kJ (378Cal), **protein** 21g, **total fat** 21g (sat. fat 5g), **carbs** 23g, **fibre** 7g, **sodium** 777mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**



How our  
food works  
for you  
see page 88

# GOOD FOOD MADE SIMPLE

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Good food that tastes great is  
at the heart of Leah Itsines'  
cooking philosophy. Here she  
shares some recipes from her  
new book with us





Chicken enchiladas  
Recipe, page 62

**Cook's Tip**

To line the tin, scrunch up a large square of baking paper, then smooth it out and press it into the tin. This will also assist in lifting the enchiladas out of the tin.



## book extract

### CHICKEN ENCHILADAS

**PREP** 30 MINUTES **COOK** 35 MINUTES  
**SERVES** 4–6 (AS A MAIN MEAL)

Olive oil spray

3 cups (450g) shredded barbecue chicken

400g tin black beans, rinsed and drained

150g marinated red capsicum, chopped

2½ cups (625ml) tomato passata

1½ cups (150g) grated cheddar cheese

1½ cups (190g) grated mozzarella cheese

6 spring onions, chopped

1 bunch coriander, chopped

2 tsp sweet paprika

2 tsp ground cumin

6 wholegrain tortillas

½ iceberg lettuce, shredded

3 tomatoes, seeded and diced

1 green capsicum, diced

1 avocado, diced

Juice of 1 lime

1 tbsp extra virgin olive oil

Reduced-fat sour cream, to serve

**1** Preheat the oven to 180°C. Line a 22 cm round cake tin with baking paper and spray with olive oil.

**2** Combine the chicken, black beans, marinated capsicum, 2 cups (500ml) of the passata, two-thirds of the grated cheeses, two-thirds of the spring onion, half the coriander and the paprika and cumin in a large bowl and season with salt and freshly ground black pepper.

**3** Trim 1 cm off the top and bottom of the tortillas to create flat edges. Divide the chicken mixture among the tortillas, spreading it to cover the whole surface, then roll up so that the cut edges are at the top and bottom.

**4** Cut each enchilada into thirds and stand them upright in the lined tin. Top with the remaining passata and grated cheeses. Cover the tin with

foil and bake for 25 minutes. Remove the foil and bake for another 10 minutes or until the enchiladas are golden.

**5** Meanwhile, combine the lettuce, tomato, green capsicum, avocado, remaining coriander and spring onion in a large bowl. Add the lime juice and olive oil, season with pepper and toss well.

**6** Serve the enchiladas with sour cream and the salad.

#### *Nutritional info*

**PER SERVE** 2820kJ (675Cal),  
**protein** 44g, **TOTAL FAT** 35g  
(sat. fat 14g), **CARBS** 40g, **FIBRE** 12g,  
**SODIUM** 1230mg • **CARB**  
**EXCHANGES** 2½ • **GI ESTIMATE** low

### SLOW-COOKED MEXICAN BEEF WITH ELOTE SALAD

**PREP** 20 MINUTES, PLUS 1 HOUR  
MARINATING **SERVES** 6–8 (AS A MAIN)

1.5 kg beef brisket

6 corncobs, husks removed

¼ cup (70g) Greek-style yoghurt

¼ cup (60g) whole egg mayonnaise

2 tbsp lime juice

1 garlic clove, crushed

2 jalapeño chillies, seeded and finely chopped

4 spring onions, chopped

2 bunches coriander, chopped

200g Greek feta cheese, crumbled

Mini tortillas, to serve

#### **SPICE MIX**

¼ cup (60ml) olive oil

1 tbsp chipotle in adobo sauce, finely chopped

3 tsp honey

3 tsp onion powder

3 tsp ground coriander

2 tsp garlic powder

2 tsp ground cumin

2 tsp smoked paprika

**1** Combine the spice mix ingredients in a small bowl.

**2** Dry the brisket with paper towel and place it on a wire rack sitting in a roasting tin. Rub the spice mix all over the brisket. Set aside for 1 hour to marinate and come to room temperature.

**3** Preheat the oven to 140°C.

**4** Pour enough water into the roasting tin to come 1 cm up the sides without touching the meat on the rack. Cover with foil and bake for 5 hours. Remove the foil and cook for a further 30 minutes to brown the meat. Remove from the oven, loosely cover with foil and set aside to rest before slicing.

**6** Meanwhile, grill the corn on a barbecue or chargrill pan over medium–high heat, turning until lightly charred on all sides, for about 8–10 minutes. Set aside to cool, then cut off the kernels.

**7** Mix the yoghurt, mayonnaise, lime juice, crushed garlic and chopped jalapeños together in a large bowl. Add the corn, spring onion and most of the coriander and feta and toss well to combine. Season with freshly ground black pepper.

**8** Serve the salad with the sliced brisket and mini tortillas, topped with the remaining feta and coriander.

#### *Nutritional info*

**PER SERVE** 2650kJ (634Cal),  
**protein** 52g, **total fat** 31g  
(sat. fat 10g), **carbs** 31g, **fibre** 8g,  
**sodium** 448mg • **Carb exchanges** 2  
• **GI estimate** low





Slow-cooked Mexican  
beef with elote salad  
*Recipe, opposite*





## ROASTED SWEET POTATO AND BROCCOLI FRITTATA

**PREP** 15 MINUTES **COOK** 50 MINUTES  
**SERVES** 6 (AS A LIGHT MEAL)

250g sweet potato, peeled and cut into small pieces  
1 red onion, cut into thin wedges  
2½ cups (150g) small broccoli florets  
Olive oil spray  
2 tbsp thyme leaves  
12 eggs  
¾ cup (185ml) milk  
150g soft goat's cheese

**1** Preheat the oven to 180°C. Line a baking tray and a 25 cm round ovenproof dish with baking paper.

**2** Spread the sweet potato, onion and broccoli over the tray. Spray with olive oil, sprinkle with the thyme and season with salt and freshly ground black pepper. Roast for 25 minutes or until the sweet potato is just tender.

**3** Whisk the eggs and milk together and season with salt and pepper. Pour the mixture into the lined dish. Add the roasted vegetables, dividing them evenly throughout the egg mixture, and dot with the goat's cheese. Bake for 20–25 mins or until the mixture is just set.

### Nutritional info

**PER SERVE** 1270kJ (304Cal),  
**protein** 24g, **total fat** 18g (sat. fat 7g), **carbs** 10g, **fibre** 4g, **sodium** 314mg • **Carb exchanges** ½  
• **GI estimate** low • **Gluten free**  
• **Lower carb**

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## BROCCOLINI AND SMOKED ALMOND SALAD WITH LEMON WHITING

**PREP TIME:** 15 MINUTES **COOK TIME:** 5 MINUTES **SERVES** 2 (AS A MAIN MEAL)

2 bunches (about 300g) broccolini  
2 tsp honey  
Juice of 1 lemon  
2 tbsp Greek-style yoghurt  
2 tbsp whole egg mayonnaise  
2 tsp dijon mustard  
1 bunch chives, chopped  
¼ cup (30g) hemp seeds  
¼ cup (40g) smoked almonds, roughly chopped  
4 whiting fillets or other small, firm white fish fillets  
2 tsp olive oil

**1** Put the broccolini in a large bowl, cover with boiling water and set aside for 1½ minutes, then drain well and cool.

**2** Add the honey and 2 tablespoons of the lemon juice to a large bowl and stir until the honey has

dissolved. Add the yoghurt, mayonnaise, mustard and chives and season with salt and freshly ground black pepper.

**3** Chop the broccolini into small pieces and add it to the bowl with the dressing. Add the hemp seeds and almonds and toss well to combine.

**4** Season the fish with salt and pepper. Heat the olive oil in a frying pan over high heat and cook the fish, skin side down, for 3 minutes. Pour the remaining lemon juice over the fish, then turn and cook for another 30–60 seconds or until just cooked through.

**5** Serve the fish with the broccolini and almond salad.

### Nutritional info

**PER SERVE** 2640kJ (632Cal),  
**protein** 45g, **total fat** 41g (sat. fat 4g), **carbs** 15g, **fibre** 8g, **sodium** 345mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**



### *Cook's Tip*

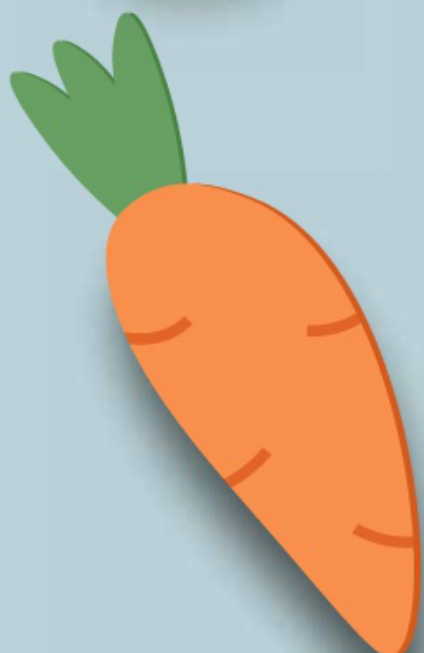
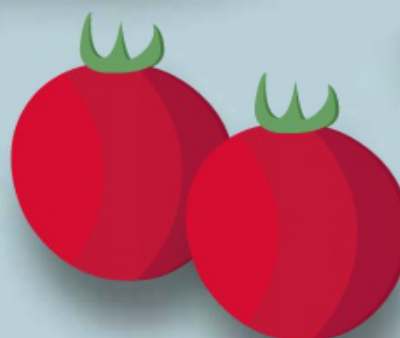
To easily line a round dish, scrunch up a sheet of baking paper, then flatten it out and press it into the dish



*Good Food Made Simple* by Leah Itsines. Published by Murdoch Books. RRP \$36.99



book extract



# THE OF BETTER COOKING

Alice Zaslavsky's new book delivers life-changing skills and thrills for enthusiastic eaters





Spana in the works  
*Recipe, page 68*



## book extract

### SPANNA IN THE WORKS

SERVES 4-6

1 medium-large onion, finely diced  
3 tbsp olive oil  
300g rainbow chard, leaves and stems roughly chopped (about 4 cups)  
2 cups (100g) finely chopped Tuscan kale (cavolo nero) leaves  
Zest and juice of 1 lemon  
1 bunch of dill or parsley, roughly chopped  
2-3 large eggs (depending on the size of your pan ... the less egg, the better!)  
¼ cup (40g) pine nuts  
60g crumbly feta  
250g truss cherry tomatoes  
A pinch of caster sugar  
Toasted sourdough, to serve

1 Preheat the oven to 190°C.

2 In a shallow, flameproof casserole dish, cook the onion in 2 tablespoons of the olive oil over medium heat for a minute or so. Put the lid on, reduce the heat to low and let the onion sweat for 5 minutes. Finish with the lid off until the onion is well and truly translucent and softened.

3 Add the chard and kale. Cover and cook for 5 minutes, or until softened and wilted. Remove from the heat and stir in the lemon zest, juice and herbs.

4 Crack the eggs into a bowl and beat with a fork. Add the salt, stirring well to incorporate. Pour the egg mixture over the sautéed greens and stir to combine. Crumble the pine nuts and feta on top. Drizzle with the remaining olive oil.

5 Bake for 30-35 minutes, or until firm to touch and slightly golden. Toss the cherry tomatoes in a glug of olive oil and a pinch of sugar and salt flakes and place on top of the slice.

6 Enjoy straight out of the oven on toast, or as a fab cold lunchbox option.

#### *Nutritional info*

**(SERVES 4) PER SERVE** 1760kJ (421Cal), **protein** 15g, **total fat** 28g (sat. fat 5g), **carbs** 24g, **fibre** 9g, **sodium** 553mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**  
**(SERVES 6) PER SERVE** 1300kJ (311Cal), **protein** 11g, **total fat** 19g (sat. fat 4g), **carbs** 22g, **fibre** 5g, **sodium** 427mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

### SMASHED AVO EGGS WITH BLACK GARLIC

SERVES 4

8 eggs, at room temperature  
50ml white vinegar or lemon juice  
2 black garlic cloves, or 1 tsp black garlic paste or powder  
1 tbsp boiling water  
2 ripe avocados  
4 cubes marinated feta (see opposite), plus a tablespoon of the marinating oil  
4-8 slices crusty bread, toasted parsley or chervil sprigs, to garnish

1 To poach the eggs, bring a large, wide shallow pan half-filled with water to the boil (or you can poach in two batches in a smaller pan; see opposite). Meanwhile, crack the eggs into a bowl. Splash the vinegar or lemon juice into the bowl with the eggs (rather than into the poaching water), à la Nigella's method; you'll see the whites contract almost immediately.

2 Once the water is boiling, drop the heat down to a simmer, then plop the eggs and vinegar or lemon juice into the water from as close to the water's surface as possible, making sure all of the vinegar/lemon juice also makes it into the pan. The eggs will start to spin around and coagulate pretty quickly. If the whites start to foam up and threaten to inch towards the top of the pot, drop the heat a little lower until they calm down.

3 For runny poached eggs, 2-3 minutes cooking should do it. For firmer poached eggs, cook for 3-4 minutes.

4 Scoop the eggs out with a slotted spoon or spider skimmer and drain on paper towel or a clean tea towel.

5 If using whole black garlic cloves, pour the boiling water over them in a small bowl, then mash with a fork to soften. (Skip this step if using garlic paste or powder.)

6 To make your smashed avo, scoop the avocado flesh into a bowl, then use your fork to mash it together with the black garlic paste, feta and oil. (If using garlic powder, this can go in now as well, or you can save it for sprinkling on top at the end.) Season to taste with salt and black pepper.

7 Portion the smashed avo over the toast. Top with the poached eggs and herbs and serve.

#### *Nutritional info*

**PER SERVE** (with 2 slices wholemeal sourdough) 2070kJ (584Cal), **protein** 26g, **total fat** 29g (sat. fat 7g), **carbs** 26g, **fibre** 10g, **sodium** 577mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**



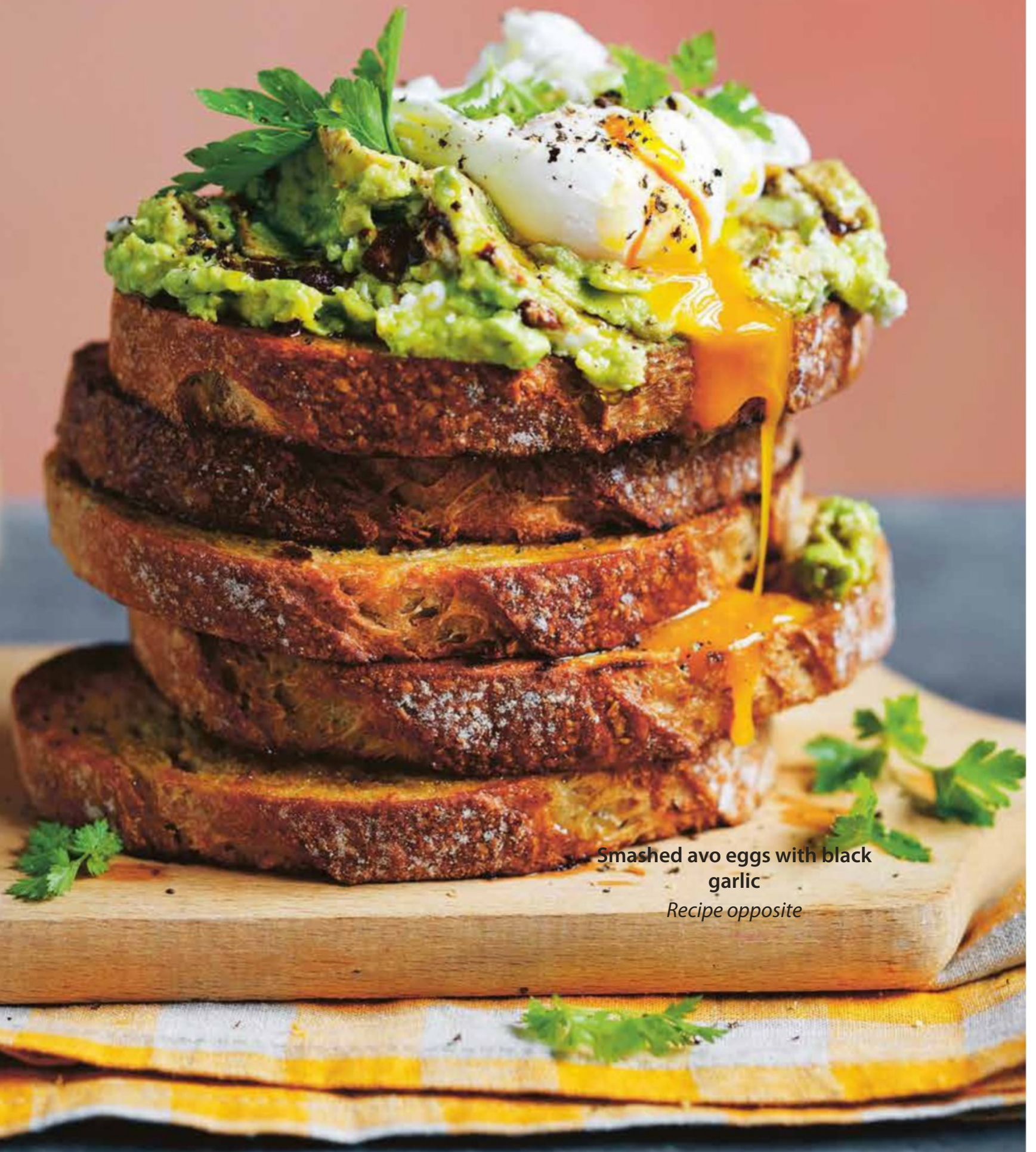
## *Tips and Subs*

If you can't find marinated feta at the shops, use a creamy feta and add your own flavourings — chilli flakes, crushed garlic and herbs.

Avocado is already so creamy, so if you're cheese-poor but avocado-rich, you're welcome to use straight-up avo forked through with a squirt of lemon juice.

Go entirely plant-based by skipping the poached eggs and subbing in a plant-based marinated feta.

If you don't have a pan big enough, poach the eggs in two batches. After cooking the second batch, gently scoop the whole lot back into the still-warm water for one last plunge to briefly reheat them, then drain again before serving



**Smashed avo eggs with black garlic**

*Recipe opposite*



## book extract

### PRAWN, MACADAMIA & ASPARAGUS STIR-FRY

SERVES 4

250g peeled raw prawn tails (see Subs)  
¾ tsp bicarbonate of soda  
1 generous thumb-sized knob fresh ginger, peeled  
2–3 garlic cloves, peeled  
2 tbsp oyster sauce (see Subs)  
1 tbsp light soy sauce  
1 tbsp shaoxing rice wine  
1 tbsp sesame oil  
1 tbsp cornflour  
½ cup (125ml) water, plus an extra ½ cup (125ml) water on standby  
2 tbsp vegetable oil  
2 bunches of asparagus, cut into 5 cm lengths (see Subs)  
6 spring onions, white and green bits cut into 5 cm lengths, plus extra thinly sliced spring onion to serve  
1 cup (150g) roasted macadamias (see Subs)  
Steamed jasmine rice, to serve

**1** To ‘velvet’ the prawns, slice the tails in half through the centre and massage the bicarbonate of soda into the flesh, then leave to rest for 15 minutes. Sounds weird, I know, but go with me here.

**2** Finely grate half the ginger and all the garlic. Slice the other ginger half into rough chunks and reserve.

**3** In a bowl, whisk together the grated ginger, garlic, oyster sauce, soy sauce, rice wine, sesame oil, cornflour and ½ cup (125ml) water until combined. Set aside as your stir-fry sauce.

**4** Rinse the prawns thoroughly in a colander and pat dry with paper towel.

**5** Heat 1 tablespoon of the vegetable oil in a wok or large frying pan until very hot. Add the prawn meat and stir-fry for 30–60 seconds, or until it just changes colour; remove from the wok and set aside. Wipe out the wok with paper towel and reheat the remaining oil.

**6** Boil a kettle. Pop the asparagus and spring onion into a colander and into the sink, then pour boiled water over them. Drain well, then add to the hot wok and stir-fry for 2 minutes.

**7** Give your stir-fry sauce another whisk to reincorporate everything, then pour it into the hot wok and bring to the boil. Toss the prawns and nuts through. The sauce should be silky and glossy, which

will happen almost instantly. If you find the liquid gets absorbed way too fast, splash in another ½ cup (125 ml) water and allow this to incorporate, too. Taste for seasoning.

**8** Serve topped with extra spring onion, with bowls of steamed jasmine rice, and add this to the weekly rotation.

#### *Nutritional info*

**PER SERVE** (with ⅓ cup cooked rice) 2440kJ (584Cal), **protein** 20g, **total fat** 43g (sat. fat 6g), **carbs** 28g, **fibre** 4g, **sodium** 1120mg • **Carb exchanges** 2 • **GI estimate** medium

**LOWER-CARB OPTION:** Omit the rice and serve stir-fry on its own.

**PER SERVE** 2060kJ (493Cal), **protein** 18g, **total fat** 43g (sat. fat 6g), **carbs** 8g, **fibre** 4g, **sodium** 1120mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

### *Subs*

Asparagus is so seasonal, but this is the kind of stir-fry you’re going to want to make all year round, so for any time that isn’t spring, use baby broccoli (broccolini) or even broccoli florets chopped into fork-sized bits instead. Snow peas (mange tout) would be fantastic here, too.

No macadamias? Use cashews. If using raw nuts, toast them in a dry pan until golden and pull out before cooking the prawns.

For a nut-free alternative, you could try tinned water chestnuts, rinsed and chopped into chunks.

Go fully plant-based by subbing the oyster sauce out for mushroom sauce (Megachef is my favourite brand for this) and the prawns for firm or even extra-firm tofu. This doesn’t need to be silkened, just boiled as a whole block (out of the pack) for 2 minutes or so, drained of liquid, chopped, pre-seasoned with plenty of soy sauce and other spices of choice, then tossed with cornflour to coat each cube before searing as you would the prawns.





Prawn, macadamia &  
asparagus stir-fry  
*Recipe opposite*



## book extract

### SAILORS' SAUCE MUSSELS WITH PICADA CRUMB

SERVES 4

¼ cup (60ml) extra virgin olive oil  
1 leek, trimmed of the darkest green tops, julienned (see Subs)  
2 pale inner celery stalks, finely diced  
4 garlic cloves, finely sliced  
1 cup (250ml) white wine  
½ tsp sugar  
1 tbsp tomato paste  
1 cup (250ml) good-quality tomato passata  
1.5–2kg mussels, scrubbed, beards removed (see Tips)  
½ cup roughly chopped parsley  
½ cup roughly chopped coriander  
Zest and juice of 1 lemon, plus extra lemon cheeks to serve

#### HERBY PICADA CRUMB

⅓ cup (50g) blanched almonds (see Tips)  
4 garlic cloves, peeled  
2 thick slices fresh or stale sourdough bread (100g), crust and all  
½ cup finely chopped parsley  
½ cup finely chopped coriander  
⅓ cup (80ml) extra virgin olive oil

**1** To make the herby picada crumb, pulse the almonds in a small food processor with the garlic, bread, salt, pepper and herbs until a rough crumb forms. Heat the olive oil in a large heavy-based frying pan and toast the crumbs over medium heat until golden. Set aside.

**2** Heat a large heavy-based lidded saucepan over medium heat until you can feel the warmth radiating when you hold your palm at a sensible distance. Splash in the olive oil and sauté the leek, celery and garlic over medium heat for 5–10 minutes, or until the leek is super soft and smells heavenly; if it's starting to brown, splash in a tablespoon of water and drop the heat a little.

**3** Once the leek is sufficiently softened, splosh in the wine and sugar and crank the heat up to cook off the alcohol and reduce the liquid by half. Spoon in the tomato paste and cook for a minute before adding the passata. Cook down the liquid over medium–high heat for about 10 minutes, until it starts to get thick and jammy.

**4** Drain the mussels of any excess liquid, then tip the whole lot into the screaming-hot pan. They will instantly release more juice to make a deliciously

deep-flavoured and briny broth. Place the lid on and shake the pan occasionally for 4–5 minutes, or until all of the mussels open. Scatter in the herbs and lemon zest and juice.

**5** Serve in deep bowls, scattered with the herby picada crumb, with lemon cheeks for squeezing over.

#### Nutritional info

**PER SERVE** 2710kJ (648Cal), **protein** 28g, **total fat** 43g (sat. fat 6g), **carbs** 23g, **fibre** 8g, **sodium** 901mg • **Carb exchanges** 1½

• **GI estimate** low • **Lower carb**

**LOWER CARB OPTION:** For a lighter meal skip the picada crumb and serve with a simple side salad made with 4 cups mixed lettuce leaves, 1 diced avocado and drizzled with lemon juice.

**PER SERVE** 1720kJ (411Cal), **protein** 24g, **total fat** 23g (sat. fat 4g), **carbs** 12g, **fibre** 9g, **sodium** 801mg • **Carb exchanges** 1

• **GI estimate** low • **Lower carb**

#### Subs

If you've no leek, any ol' allium will do — from brown onion to French shallot. Just finely dice these instead.

#### Tips

Mussels don't need to be purged prior to cooking, unlike clams (vongole). To clean them, grab on to the overhanging beard and pull it around the shell towards the hinge.

The beard should snap right off. Most commercially grown mussels are kept relatively tidy for on-sale, so you shouldn't need to rinse them too heavily in preparation for the pot.

Some people say to never eat a mussel that doesn't open, but I'd use my senses before ditching it — if it smells A-OK and looks right, I'd give it a whirl.

You can buy blanched almonds, but it's super easy to make your own. Just soak raw almonds in some boiling water from the kettle and leave for 10 minutes, then plonk into cold water until cool enough to peel.



Sailors' sauce mussels with  
picada crumb  
*Recipe, opposite*





## book extract

### NOT QUITE NIÇOISE

SERVES 4-6

4-5 eggs, at room temperature

400g new potatoes or kipfler potatoes

3 tbsp extra virgin olive oil, plus extra for drizzling

200g green beans, topped, leaving the tails on

200g cherry truss tomatoes

A handful of your favourite olives, pitted (see Tips)

5-6 radishes, thinly sliced and refreshed in cold water until needed

1 small red onion, or 1 French shallot, thinly sliced into rounds

½ cup roughly chopped parsley

250g good-quality tinned tuna in spring water

6 anchovies (optional)

Caper berries, to serve

Lemon wedges, to serve

#### SAUCE GRIBICHE

2 tbsp mayonnaise (see Tips)

2 tbsp extra virgin olive oil

1 tbsp dijon mustard

1 tbsp red wine vinegar

1 tbsp lilliput capers in salt, rinsed and drained

16 cornichons (75g) finely chopped

1 cup finely chopped parsley

1 tbsp finely chopped tarragon or Thai basil (weird, but it works!)

**1** Pop the eggs into a pan of boiling hot water from as close to the water as possible. Leave to cook for 6-8 minutes, depending on how runny you like them; 8 minutes will be hard-boiled. Run under cold water and set aside. Peel when cooled.

**2** Parboil the potatoes in plenty of water for 20-25

minutes, or until they're fork-tender. Drain well, chop them into fork-friendly shapes, place in a large mixing bowl and gently toss with 2 tablespoons of the olive oil.

**3** To 'tiger' the beans and tomatoes, place them in a bowl together and toss with the remaining 1 tablespoon of olive oil. Heat a large, heavy-based frying pan over medium heat. Once smoking hot, add the beans and leave for a minute or two to get some burnished tiger stripes, then toss and leave for another couple of minutes. Do this for 8-10 minutes, adding the tomatoes at the 5-minute mark. The beans need to be bright green with stripes of brown and black, and still have a bit of crunch. In the last couple of minutes of cooking, add the pitted olives to warm through. Add the whole lot to a bowl.

**4** At this stage, if you would like to crisp up the potatoes, add them to the hot pan for 5 minutes or so over high heat to get some colour. Pop the green bean mixture back into the pan to soak up every last bit of juiciness and retain some heat while you make the sauce gribiche.

**5** Grate or finely chop two of the eggs. Place in a bowl with all the gribiche ingredients, except the herbs. Mix well and season to taste, then mix in the herbs. Set aside until ready to serve.

**6** To assemble the salad, choose a large serving platter or chopping board. In a large mixing bowl, give the cooked veg a gentle toss with the radish, onion, parsley, broken-up tuna chunks and anchovies, if using, seasoning to taste before tumbling it all onto the platter without a care in the world. Splodge the sauce gribiche over the top.

**7** Cut the remaining two eggs into quarters, or finely grate them over the top (if you're a hard-boiled kinda gal or guy). Scatter some caper berries over, and an extra drizzle of oil. Squeeze the lemon wedges over just before serving.

#### Nutritional info

**(SERVES 4) PER SERVE** 2440kJ (584Cal), **protein** 29g, **total fat** 41g (sat. fat 7g), **carbs** 22g, **fibre** 7g, **sodium** 1200mg • **Carb exchanges** 1½ • **GI estimate** medium • **Lower carb**

**(SERVES 6) PER SERVE** 1630 kJ (390Cal), **protein** 19g, **total fat** 27g (sat. fat 5g), **carbs** 15g, **fibre** 4g, **sodium** 801mg • **Carb exchanges** 1 • **GI estimate** medium • **Lower carb**

#### Tips

I use Kewpie mayonnaise for extra umami, but whole-egg mayo will do, too.

Pit the olives by placing them on a chopping board and squishing each olive with something sturdy like the base of an olive oil bottle, the flat of your chef's knife or even between your fingers!

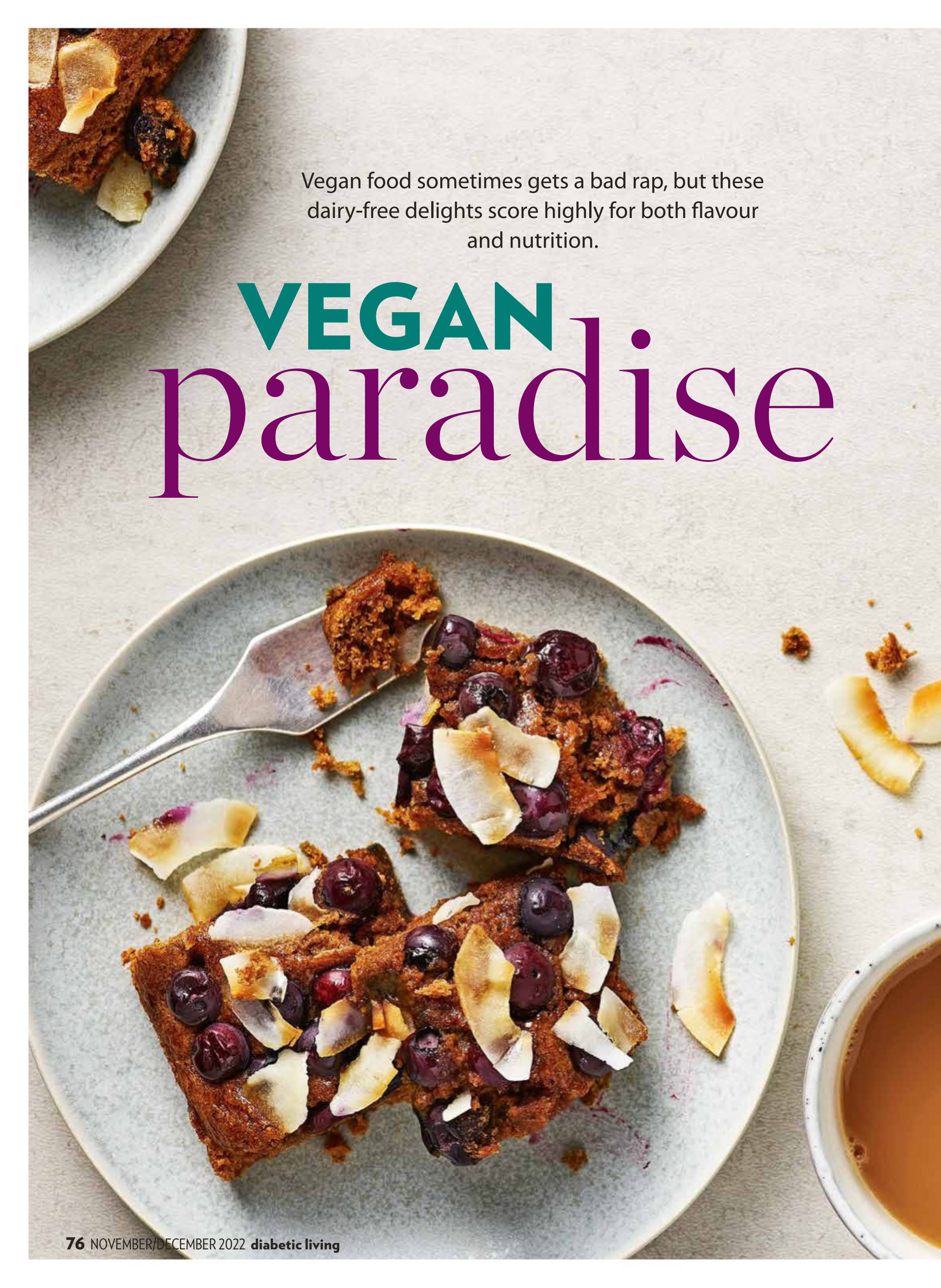
All of the ingredients can be prepared a few hours in advance and chilled, but need to be brought back to room temperature before being assembled and served.





*The Joy of Better Cooking* by Alice Zaslavsky. Published by Murdoch Books. RRP \$49.99





Vegan food sometimes gets a bad rap, but these dairy-free delights score highly for both flavour and nutrition.

# VEGAN paradise





### *Cook's Tip*

Keep in an airtight container in the fridge for up to 3 days. Alternatively, freeze for up to 2 months.

### **Blueberry coconut blondies**

We've put a vegan spin on blondies, using coconut sugar for a caramelised flavour, coconut milk for a creamy texture and blueberries for a fruity zing.

*Recipe, page 78*

How our  
food works  
for you  
*see page 88*





## BLUEBERRY COCONUT BLONDIES

**PREP** 15 MINS **COOK** 25 MINS  
**SERVES** 16 (AS A SNACK)

150ml aquafaba (water from a 400g can of no-added-salt chickpeas – keep the chickpeas for salads, blend into hummus or scatter into veg-packed one-tray roasts), chilled

85g coconut sugar  
150ml light coconut milk  
185g wholemeal spelt flour  
20g cornflour  
½ tsp baking powder  
½ tsp bicarbonate of soda  
Zest of 1 lime  
150g blueberries  
10g (1 ½ tbsp) coconut flakes

**1** Preheat oven to 160°C (fan-forced). Spray a 20cm x 20cm square cake tin with cooking spray and line with baking paper, leaving paper to overhang the sides.

**2** Using electric beaters, whisk the aquafaba until very foamy. Gradually beat the sugar into the foam, whisking well after each addition, until thickened and shiny. Stir in the coconut milk.

**3** Sift together the flour, cornflour, baking powder and bicarbonate soda in a large bowl. Fold the flour mixture into the wet ingredients with the lime zest until no pockets of flour remain. Pour the batter into the prepared cake tin. Scatter over the blueberries and coconut flakes.

**4** Bake for 25 minutes or until set around the edges and a little shiny on the surface in the centre. Transfer the tin to a wire rack and leave the

blondies to cool completely before carefully lifting out using the baking paper. Cut with a sharp knife into 16 squares.

### Nutritional info

**PER SERVE** 328kJ (78Cal), **protein** 2g, **total fat** 1g (sat. fat 1g), **carbs** 14g, **fibre** 2g, **sodium** 51mg • **Carb exchanges** 1 • **GI estimate** high

## DATE, CHOCOLATE & SWEET POTATO CAKE

**PREP** 20 MINS (+ COOLING)  
**COOK** 1 HOUR 30 MINS **SERVES** 18  
(AS AN OCCASIONAL DESSERT/SNACK)

300g orange sweet potato, unpeeled  
250g pitted dates  
80ml (⅓ cup) light olive oil  
350ml almond milk  
1½ tbsp apple cider vinegar  
350g wholemeal self-raising flour  
50g cacao powder  
1 tsp bicarbonate of soda  
1 tsp vanilla extract  
150g dark chocolate, roughly chopped, plus 10g extra, grated  
1 orange, zested, juiced to make 1 tbsp

**1** Preheat oven to 170°C (fan-forced). Pierce the sweet potatoes in several places with a fine skewer, then put on a small baking tray. Bake for 1 hour or until soft throughout. Set aside until cool enough to handle.

**2** Put the dates in a medium bowl and cover with just-boiled water. Set aside for 30 minutes to soak. Drain, reserving 2 tbsp of the soaking water. Put the dates and the reserved water in a small food

processor. Cover and process until smooth.

**3** Oil the bases and sides of two 20cm loose-bottomed round sandwich tins using ½ tsp of the oil, then line the bases with baking paper. Put the almond milk in a jug, add the vinegar and set aside. Sift the flour, cacao powder and bicarbonate of soda into a large bowl. Make a well in the centre and add the puréed dates, almond milk, remaining oil and vanilla. Beat well until smooth.

**4** Divide the mixture between the prepared tins and bake for 25-30 minutes or until a skewer inserted into the middle of the cakes comes out cleanly. Set aside in the tins for 10 minutes, then turn out onto wire racks to cool completely.

**5** Scrape the insides of the sweet potatoes into a medium saucepan. Add the 150g chocolate and cook, stirring, over low heat until the chocolate melts and the mixture is mostly smooth. Transfer the mixture to a food processor while still warm, along with the orange zest and juice. Process for 2 minutes until completely smooth. If the mixture looks too thick, add 1-2 tbsp of just-boiled water and continue to beat until smooth. Set aside to cool.

**6** Spread the cooled icing over the cake. Top with extra grated chocolate and serve.

### Nutritional info

**PER SERVE** 931kJ (223Cal), **protein** 4g, **total fat** 9g (sat. fat 3g), **carbs** 29g, **fibre** 5g, **sodium** 216mg • **Carb exchanges** 2 • **GI estimate** medium



*We've given classic chocolate cake  
a healthy twist by using sweet potato,  
sticky dates and almond milk.*

*Using dark chocolate and cacao  
powder gives it a wonderful richness.*





## BANANA BERRY SLICE

**PREP** 15 MINS **COOK** 40 MINS

**SERVES** 18 (AS A SNACK)

120g silken tofu

4 ripe (380g) bananas, mashed until smooth

125ml (½ cup) light olive oil

125ml (½ cup) sugar-free maple syrup, plus 1 tbsp extra

60ml (¼ cup) almond milk

1 tsp vanilla extract

300g wholemeal spelt flour

2 tsp baking powder

¼ tsp bicarbonate of soda

1 tsp mixed spice

175g frozen mixed berries

**1** Preheat oven to 150°C (fan-forced). Line a 25cm x 20cm slice tin with baking paper, leaving some paper to overhang the sides.

**2** Put the tofu in a large bowl and use a hand blender to blitz until smooth. Add the banana, 125ml (½ cup) maple syrup, almond milk and vanilla extract. Mix to combine.

**3** In a separate bowl, combine the flour, baking powder, bicarbonate of soda and mixed spice. Add the dry ingredients to the wet and mix until just combined.

**4** Pour the batter into the lined tin. Sprinkle the berries over the top. Bake for 40 minutes or until springy to the touch. Remove from the oven and, while the cake is still hot, brush the remaining 1 tbsp of maple syrup over the top. Set aside to cool on a wire rack and then, using the baking paper, lift out the cake and cut into 18 pieces.

### Cook's Tip

Keep in an airtight container in the fridge for up to 3 days. Alternatively, wrap individual pieces in plastic wrap and place in a resealable freezer bag. Freeze for up to 2 months. Remove pieces as desired.

### Nutritional info

**PER SERVE** 618kJ (148Cal),

**protein** 3g, **total fat** 7g

(sat. fat 1g), **carbs** 17g,

**fibre** 3g, **sodium** 56mg

• **Carb exchanges** 1

• **GI estimate** high



*The natural  
sweetness of  
pineapple means  
there's no need for  
added sugar*

**Tropical crumble muffins**  
These quick and easy treats  
will keep in the fridge for  
up to 2 days, alternatively  
freeze for up to 3 months.  
*Recipe, page 82*



## baking



### TROPICAL CRUMBLE MUFFINS

**PREP** 15 MINS **COOK** 20 MINS  
**MAKES** 12 (1 PER SERVE; AS A SNACK)

275g wholemeal plain flour  
100g rolled oats  
30g (½ cup) flaked coconut  
70ml sugar-free maple syrup  
1 tbsp flaxseed meal  
3 tbsp water  
2 ripe bananas  
150ml light coconut milk  
2 tsp baking powder  
½ tsp bicarbonate of soda  
½ tsp ground cinnamon  
¼ tsp ground cardamom  
227g tin pineapple chunks in juice, drained and chopped

**1** Preheat oven to 170°C (fan-forced). Line an 80ml (⅓ cup) 12-cup muffin tin with muffin cases. Combine 25g of the flour, 20g of the oats and all the coconut flakes in a large bowl. Add half the maple syrup and stir with a fork until combined. Set aside – this is your topping.

**2** To make the flax egg, combine the flaxseed meal and water in a small bowl. Set aside for 5 minutes or until it thickens. Mash the bananas in a medium bowl and whisk in the flax egg, coconut milk and the remaining maple syrup.

**3** Put the remaining flour and oats in a large bowl with the baking powder, bicarbonate of soda, cinnamon and cardamom. Mix until well combined. Pour the wet ingredients into the dry and stir

together until just combined. Fold in the pineapple.

**4** Divide the batter between the muffin cases, then top the muffins with the crumble mixture. Transfer to the oven and bake for 20 minutes or until a toothpick inserted into the centre of the muffins comes out clean. Set aside to cool for 5 minutes in the tins, then transfer to a wire rack to cool completely. Suitable to freeze.

#### Nutritional info

**PER SERVE** 668kJ (160Cal), **protein** 5g, **total fat** 4g (sat. fat 3g), **carbs** 23g, **fibre** 5g, **sodium** 109mg • **Carb exchanges** 1½ • **GI estimate** high



### ALMOND & RASPBERRY BISCUITS

**PREP** 20 MINS **COOK** 20 MINS  
**MAKES** 16 (1 PER SERVE; AS A SNACK)

200g frozen raspberries  
1 tsp vanilla bean paste  
50ml sugar-free maple syrup, plus 1 tbsp extra  
1½ tbsp chia seeds  
50ml light olive oil  
½ tsp almond extract  
185g (1¾ cup) almond meal  
35g (⅓ cup) flaked almonds, finely chopped

**1** Put raspberries in a medium saucepan with vanilla bean paste and 1 tbsp maple syrup. Simmer over low heat, stirring often, for 5 minutes or until the berries start to

break down. Stir through chia seeds and cook, stirring often, for a further 5 minutes. Set aside to cool completely, in which time it will thicken considerably. Spoon into a bowl and set aside until completely cool.

**2** Preheat oven to 160°C (fan-forced). Line a baking tray with baking paper. Whisk together the remaining maple syrup in a medium bowl with the oil and almond extract. Add the almond meal and mix well until a soft dough forms.

**3** Spread the chopped flaked almonds out on a small plate. Taking tablespoons of dough, roll into balls and then roll into the almonds. Transfer to the baking tray, spacing them 5cm apart. Using your thumb, make a hollow in the centre of each dough ball. Fill each hollow with ¼ tsp of the chia seed jam. You will have some jam left over – it will keep in the fridge for up to a week.

**4** Bake biscuits for 16-18 minutes or until they are light golden. Remove from the oven and set aside for 5 minutes before carefully transferring to a wire rack. Set aside until completely cool and firm. Suitable to freeze.

#### Nutritional info

**PER SERVE** 501kJ (120Cal), **protein** 3g, **total fat** 11g (sat. fat 1g), **carbs** 2g, **fibre** 2g, **sodium** 1mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**



### Almond and raspberry biscuits

Keep the biscuits in an airtight container for up to 2 days.

Alternatively, freeze in a resealable freezer bag, making sure to expel any extra air before sealing, for up to 2 months.

*Recipe, opposite*





# Cook, eat, enjoy

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

## Kitchen Tips

- Reducing salt in your diet doesn't have to be a challenge, just replace the salt with ingredients that are packed full of flavour such as chopped fresh herbs, citrus zest and juice and a variety of spices.
- Try stirring chopped fresh herbs through your healthy spaghetti bolognese just before serving.
- Or simply tossing chopped fresh herbs, a little citrus zest and juice and freshly ground black pepper to steamed potatoes or veggies. You can even drizzle or toss through a little extra virgin oil as well.
- Rub skinless chicken breast fillet, lean lamb or beef with a combination of smoked paprika, a pinch of ground cinnamon and a little ground cumin and coriander. Spray with cooking spray and grill or barbecue.
- One of our favourites is to toss partially steamed and halved baby potatoes with smoked paprika and a little olive oil. Cook in a hot oven until crispy and toss in some finely grated lemon zest, a squeeze of lemon juice and a handful of chopped flat-leaf parsley.







## SECOND SNACK

Put 200ml **water**, 8 scoops **Glucerna**, 1 ripe **banana**, 200g **reduced-fat Greek-style yoghurt** and 2 tsp **pure maple syrup** in blender. Cover and blend until smooth. Serve immediately. Serves 2.

**PER SERVE** 823kJ (197Cal), **protein** 16g, **total fat** 9g (sat. fat 2g), **carbs** 43g, **fibre** 6g, **sodium** 283mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**



## SUPERMARKET CRUSH

### Lakanto brown monkfruit sweetener

A brown sugar replacement with 93% less kilojoules, zero carbs and no artificial flavouring or sweeteners. Lakanto has a perfect mix of monk fruit and erythritol to match the sweetness of sugar and maintain your baking and cooking needs, simply replace the raw or brown sugar quantity in a recipe using the same cup measurement of Lakanto brown monkfruit sweetener.

RRP \$11.95 Available from [lakanto.com.au](http://lakanto.com.au) and [amazon.com.au](http://amazon.com.au)

## 5 MINUTE BREKKIE IDEAS

### GFO RICOTTA & PEAR FRUIT BREAD

Spread 2 thin slices toasted fruit bread or gluten-free bread with ¼ cup low-fat ricotta. Top with ½ sliced pear. Drizzle over 1 tsp honey and sprinkle with a little ground cinnamon.

**SERVES** 1.

**PER SERVE** 1200kJ (287Cal), **protein** 10g, **total fat** 4g (sat. fat 2g), **carbs** 48g, **fibre** 5g, **sodium** 187mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

### GF LC TROPICAL FRUIT & COCONUT YOGHURT

Put 1 x 170g tub plain fat-free yoghurt in a small bowl. Top with 140g tub diced fruit (using a little of the juice if you like) and 2 tsp sugar-free maple syrup. Sprinkle with 1 tbsp toasted shredded coconut.

**SERVES** 1.

**PER SERVE** 812kJ (194Cal), **protein**

18g, **total fat** 5g (sat. fat 5g), **carbs** 17g, **fibre** 3g, **sodium** 66mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

### GFO BAKED BEANS & TOMATO ON RYE

Toast 2 slices Burgen Rye bread or gluten-free bread. Top each slice of toast with a slice of tomato. Heat ½ x 220g can salt-reduced baked beans in a small saucepan with a pinch of curry powder or gluten-free curry powder. Spoon over toast and sprinkle with chopped parsley and pepper.

**SERVES** 1.

**PER SERVE** 1250kJ (299Cal), **protein** 14g, **total fat** 5g (sat. fat 0g), **carbs** 42g, **fibre** 12g, **sodium** 699mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

### GFO LCO EGG, SPINACH & TOMATO WRAP

Whisk 1 x 60g egg, 2 tbsp low-fat milk

and a pinch of ground sumac in a small bowl. Grease a small microwave safe-dish with cooking spray. Pour in egg mixture and top with ¼ cup baby spinach leaves. Cook on high for 1 minute or until set. Place egg on 1 x grain wrap such as Helgas Mixed Grain Wraps or gluten-free wrap. Top with 6 x 97% fat-free semi-dried tomatoes and 1 tbsp Bega 50% less fat tasty grated cheese. Roll up and slice in half to serve.

**SERVES** 1.

**PER SERVE** 1770kJ (423Cal), **protein** 23g, **total fat** 16g (sat. fat 7g), **carbs** 43g, **fibre** 8g, **sodium** 612mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

**LOWER-CARB OPTION:** Swap your wrap for Simson's Pantry Low Carb Keto Wrap.

**PER SERVE** 1370kJ (328Cal), **protein** 26g, **total fat** 16g (sat. fat 6g), **carbs** 14g, **fibre** 13g, **sodium** 498mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**



# Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



|                         | SUNDAY                                                                                 | MONDAY                                                                                                                                                                                                                                                                                                                                                                                      | TUESDAY                                                                                                     | WEDNESDAY                                                                       |
|-------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| <b>H<sub>2</sub>O</b>   | Start each day with a glass of water. You should have 6-10 glasses a day,              |                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                             |                                                                                 |
| <b>Breakfast</b>        | Egg, spinach & tomato wrap (p 85)                                                      | Ricotta & pear fruit bread (p 85)                                                                                                                                                                                                                                                                                                                                                           | 1 cup fresh fruit salad topped with ½ cup diet vanilla yoghurt, 1 tbsp chia seeds & 1 tbsp slivered almonds | Tropical fruit & coconut yoghurt (p 85)                                         |
| <b>snack</b>            | Frozen blackberry smoothie (p 34)                                                      | Banana berry slice (p 80)                                                                                                                                                                                                                                                                                                                                                                   | 1 piece of fresh fruit                                                                                      | Almond & raspberry biscuit (p 82)                                               |
| <b>Lunch</b>            | Chorizo veg fritters (p 56)                                                            | Mix & match a summer salad combo for your weekday lunches:<br><b>1</b> Start with 1½ cups of mixed lettuce leaves/rocket/spinach.<br><b>2</b> Add 1 cup chopped low-starch veg e.g. tomato, cucumber, grated carrot, snow peas, radish, etc.<br><b>3</b> Choose 1 protein: 95g can salmon/tuna (in spring water) or 2 boiled eggs or 60g shredded chicken breast or 40g reduced-fat cheese. |                                                                                                             |                                                                                 |
| <b>Optional snack</b>   | 1 piece fresh fruit                                                                    | 170g tub Chobani yoghurt                                                                                                                                                                                                                                                                                                                                                                    | Tropical crumble muffin (p 82)<br><b><i>Pictured above</i></b>                                              | 30g unsalted nuts                                                               |
| <b>Dinner</b>           | Healthy chicken stir-fry (p 130)<br><b><i>Pictured above</i></b>                       | Turkey, strawberry & avocado salad (p 15)<br><b><i>Pictured above</i></b>                                                                                                                                                                                                                                                                                                                   | Mexican street corn soup (p 16)                                                                             | Broken lasagne with zucchini, pea & mint (p 17)<br><b><i>Pictured above</i></b> |
| <b>Alcohol</b>          | If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to |                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                             |                                                                                 |
| <b>Optional dessert</b> | 1 cup skim milk with 1 tsp 30% less sugar milo                                         | ½ cup diet jelly topped with 1 cup fresh mixed berries                                                                                                                                                                                                                                                                                                                                      | 120ml Twisted Frozen Yoghurt                                                                                | 1 cup frozen mixed berries (warmed) with ½ cup diet vanilla yoghurt             |
| <b>Exercise</b>         | Aim for 20-60 minutes of moderate exercise each day.                                   |                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                             |                                                                                 |



# it's easy!

| THURSDAY                                                                                                                                                                                                                                       | FRIDAY                                                                            | SATURDAY                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
|                                                                                                                                                               |  |  |
| depending on your exercise levels.                                                                                                                                                                                                             |                                                                                   |                                                                                    |
| Ricotta & pear fruit bread (p 85)                                                                                                                                                                                                              | Baked beans & tomato on rye (p 85)                                                | Tropical fruit & coconut yoghurt (p 85)                                            |
| 2 Vita-weets topped with 2-3 tbsp light ricotta                                                                                                                                                                                                | 170g tub Chobani yoghurt                                                          | 1 multigrain corn thin topped with 20g reduced fat cheddar & sliced tomato         |
| <b>4</b> Add a healthy carb: 1-2 slices grainy bread or ½ cup legumes/roast sweet potato/quinoa.<br><b>5</b> Drizzle with dressing: 1 tsp extra virgin olive oil plus balsamic vinegar/lemon juice.<br>Mix & enjoy! Serve with glass of water. |                                                                                   | Spiced feta, pistachio & mandarin salad (p 37)<br><b>Pictured above</b>            |
| 170g tub Chobani yoghurt                                                                                                                                                                                                                       | 1 piece of fresh fruit                                                            | Banana berry slice (p 80)                                                          |
| Light summer tofu curry (p 18)<br><b>Pictured above</b>                                                                                                                                                                                        | Hazelnut-crusted salmon with crushed potatoes (p 19)<br><b>Pictured above</b>     | Slow-cooked Mexican beef with elote salad (p 62)                                   |
| have a couple of alcohol-free days a week.                                                                                                                                                                                                     |                                                                                   |                                                                                    |
| 1 piece fresh fruit                                                                                                                                                                                                                            | 1½ cup fresh fruit salad                                                          | 1 cup frozen mixed berries (warmed) with ½ cup diet vanilla yoghurt                |
| Always discuss your exercise plans with your doctor first.                                                                                                                                                                                     |                                                                                   |                                                                                    |

## TELEHEALTH BOOM

The COVID pandemic pushed us to learn and adapt to new ways of doing things, and many of those new practices, such as telehealth, have been shown to be very beneficial and are here to stay for the better.

Over the past 2 years, more than 100 million telehealth services have been delivered across Australia to approximately 17 million people.

Telehealth now provides patients with a consultation with their chosen clinician via phone or video from the comfort of their own home. It has removed geographical barriers, making healthcare more accessible to all Australians. It has also reduced travel and waiting time for appointments, and in many cases, reduced expenses, making good healthcare more affordable.

Telehealth is now permanently available for various GPs, specialists, allied health professionals (such as diabetes educators and dietitians), nursing and mental health services (such as counsellors and psychologists).

DL's dietitian, Shannon Lavery, currently offers telehealth services across Australia. Bulk billing is available for those with an EPC referral. Private health fund rebates may apply. For more information on Shannon's services visit [www.betterchoicesnutrition.com.au](http://www.betterchoicesnutrition.com.au).





# Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

## Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

## Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

## Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

## Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

## Nutritional info

**PER SERVE** 1220kJ (292Cal), **protein** 25g, **total fat** 17g (sat. fat 3g), **carbs** 4g, **fibre** 11g, **sodium** 285mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

## Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

## Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

## Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Turkey, strawberry & avocado salad  
Recipe, page 14

## Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■



CUT OUT & KEEP

## YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

### To maintain your weight\*

**Kilojoules** 8700kJ  
**Protein** 80g  
**Total fat** 70g  
**Saturated fat** 24g  
**Carbs** 270g  
**Fibre** 30g  
**Sodium** Less than 2000mg

### To lose weight\*

**Kilojoules** 6000kJ  
**Protein** 65g  
**Total fat** 45g  
**Saturated fat** 15g  
**Carbs** 180g  
**Fibre** 30g  
**Sodium** Less than 2000mg



# *living well*

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*“Let’s approach  
Christmas with  
an expectant hush,  
rather than a  
last-minute rush.”*



# Life

***DL* mag dietitian and diabetes educator, Dr Kate Marsh, explains how an insulin pump works, the pros and cons of insulin pump therapy and what's on the market**



## What is an insulin pump?

An insulin pump is a small device designed to continuously deliver insulin to the body and can be used in place of insulin injections. They provide an alternative way of giving insulin for people living with insulin-treated diabetes, particularly those with type 1. Pumps vary in size but are smaller than a mobile phone, and are worn outside the body, on your belt or waistband, in your pocket or in a pouch underneath your clothes. The pump delivers insulin through a very narrow flexible tube which is attached to a small cannula inserted under your skin. You program the pump to give insulin – a small steady dose throughout the day (basal rate) and an extra amount (bolus) when you eat.

## A pump may help you to:

- › improve blood glucose management.
- › have more flexibility around eating and mealtimes, allowing you to vary your mealtimes, sleep in or even skip meals more easily than with injections.
- › adjust your insulin around exercise more easily, by allowing you to suspend the pump or set a reduced basal rate or higher target glucose level prior to, during and/or after exercise.
- › deal with a “dawn rise” (blood glucose levels that rise early in the morning even without eating) by allowing you to deliver a higher amount of insulin at this time.
- › give insulin discreetly when you are eating out or with others.
- › reduce the risk of hypos, especially when combined with continuous glucose monitoring (CGM).

## Considerations before switching to a pump

While there are many benefits to insulin pumps, they don’t work on their own and still need regular input from the user to work effectively. This includes monitoring your blood glucose levels and giving regular bolus doses via the pump when you eat or if your blood glucose levels are above your target range, and changing your infusion sets regularly (usually every 2 to 3 days).

You need to be an expert carb counter as the pump relies on you entering the amount of carbs each time you eat, so it can calculate how much insulin you need to take to cover the meal or snack.

If your pump malfunctions, your blood glucose levels will become high quickly, as the pump only delivers short-acting insulin. It is therefore essential to always carry a spare pen or syringe in case things go wrong.

Pumps don’t come cheap (approximately \$8000-\$9000) but if you have private health cover, your health fund should cover this cost.

Unlike insulin pen needles and syringes, the “consumables” (i.e. infusion sets and reservoirs) are not free but are subsidised under the NDSS, and cost around \$30 per month.

---

## Questions to consider when choosing a pump:

- Do you want a closed-loop option?
- Does the size and weight of the pump matter to you?
- What is your typical daily dose of insulin? If you use large doses you may want to choose a pump with a larger insulin cartridge, or you will need to refill your pump and change your pump site more regularly.
- What level of watertightness do you need?
- Would you prefer to replace batteries or to charge your device, like you do your mobile phone?



## What is a hybrid closed-loop system?

Several pumps available in Australia now offer a closed-loop system, when used with a compatible CGM. The system automatically adjusts the delivery of basal (background) insulin based on CGM readings. It can also deliver automated correction boluses. This means that the pump takes glucose readings from a CGM automatically and then gives you more or less insulin based on your real-time needs. Having a pump and a CGM that speak to one another can help you increase the time your glucose levels stay in your target range.



## Choosing the right pump for you

There are several insulin pumps currently available in Australia and they all do the same basic job of delivering insulin. They all have a bolus calculator, which calculates a bolus dose (either for a meal or correction) based on personal settings, carbohydrate intake, the amount of active insulin in the body, and your current blood glucose level. They also all offer a variety of alerts and reminders. All pumps are watertight (which means they should be okay if you accidentally get them wet) but some have a higher waterproof rating, which is worth considering if you spend a lot of time in or around the water. There are also many differences and unique features of each of the pumps and we have highlighted these here. For further information on each of the devices, please visit the company websites and speak to your diabetes health professional.





## CONTINUOUS GLUCOSE MONITORING

A continuous glucose monitor (CGM) is a device that measures glucose levels continuously throughout the day and night, every five minutes. This gives you a much better picture of what is happening compared to traditional fingerprick monitoring, which is really just a snapshot in time. The device can also alert you to highs and lows. It combines a sensor, transmitter and receiver, and if you use an insulin pump that works with a CGM, the pump itself becomes the receiver, although you can still view your CGM readings on your smartphone. Some pumps are now integrated with CGM, so that the pump adjusts insulin delivery based on the CGM readings (see: What is a hybrid closed-loop system?). CGM is expensive, but as of 1 July 2022, it is now subsidised under the NDSS for all Australians with type 1 diabetes. Most people with type 1 diabetes will have a small co-payment of \$32.50 per month but some people will still be able to access fully subsidised CGM (i.e. no co-payment). You can find out more by visiting the NDSS website: [www.ndss.com.au/about-the-ndss/cgm-initiative/](http://www.ndss.com.au/about-the-ndss/cgm-initiative/)

“  
*They all have a bolus calculator, which calculates a bolus dose based on personal settings, carbohydrate intake, the amount of active insulin, your current blood glucose level.*  
”



# TOP 5

DL mag's roundup of the insulin pumps currently available on the market.

## Tandem T-Slim X2



- › Offers a closed-loop function (Control IQ) or a predictive low glucose suspend function (Basal IQ) when used with the Dexcom G6 CGM
- › The Dexcom G6 sensor is changed every 10 days. It does not need calibrations using fingerprick glucose levels
- › Control IQ has dedicated settings for sleep and exercise to help keep your blood glucose levels in your target range while reducing the risk of hypos
- › The pump can be updated remotely with a software update, so you get immediate access to any new features that become available within the 4-year warranty period
- › Small size – 8.0 x 5.1 x 1.5cm; 112g including a full insulin cartridge
- › Holds up to 3.0 ml (300U) insulin
- › Aluminium casing and touchscreen made from high grade, shatter-resistant glass
- › Rechargeable using a USB cable (like your mobile phone), so no batteries to replace
- › The choice of four different infusion set, three Teflon and one steel
- › The pump has an IPX7 waterproof rating (up to 1 metre for 30 minutes). The Dexcom transmitter and sensor are water-resistant up to 2.4m for 24 hours (IPX8)
- › 24/7 Australian-based customer support
- › AMSL Diabetes: [amsl diabetes.com.au/products/tslim-x2-insulin-pump/](https://amsl diabetes.com.au/products/tslim-x2-insulin-pump/)



- › Offers a closed-loop function (Smartguard™ Auto Mode), when used with the Medtronic Guardian 3 sensor
- › Automated Basal Rate, which self-adjusts every 5 minutes
- › The sensor is changed every 7 days and requires calibrating with a fingerprick glucose level 2 to 3 times per day
- › The choice of three different target glucose levels – 5.5, 6.1 or 6.7 mmol/L
- › Comes with the small blood glucose meter which wirelessly transmits your BGLs to the pump
- › Full colour screen with icon-based home screen
- › Works with the MiniMed™ Mobile app so you can view your pump data on your smartphone and upload your data automatically to CareLink to share with your health professionals
- › The pump can be updated remotely with a software update, so you get immediate access to any new features that become available within the four-year warranty period
- › Holds up to 3.0 ml (300U) insulin
- › The choice of four different infusion sets, three teflon and one steel
- › 5.3 x 9.6 x 2.4cm, 145g including a full insulin cartridge and battery
- › The pump has an IPX8 waterproof rating (to a depth of up to 3.6 metres for up to 24 hours) and the sensor and transmitter are water-resistant up to 2.4 metres for up to 30 minutes
- › Uses one AA battery, either alkaline or lithium
- › 24/7 customer support and personalised onboarding program
- › Medtronic Australia: [www.medtronic-diabetes.com.au/](http://www.medtronic-diabetes.com.au/)

## Medtronic MiniMed® 780G System.





## AID algorithm

Dexcom G6



mylife™ YpsoPump®

## mylife YpsoPump

- › Offers a closed-loop function (mylife CamAPS) when used with the Dexcom G6 CGM
- › Works with the mylife App, so you can view your pump data on your smartphone. From late 2022, the App will also allow for remote bolusing
- › Integrates with the Dexcom G6 CGM, so you can use sensor glucose values in the bolus calculator, review Dexcom records in the mylife App and receive high and low glucose alerts (Android only; awaiting iPhone)
- › The Dexcom G6 sensor is changed every 10 days does not need calibrations using fingerprick glucose levels
- › Touchscreen icon-based display on the pump
- › Both the mylife App and mylife CamAPS FX App are updateable if any new features become available within the four-year pump warranty
- › Small size and lightweight: 7.8 × 4.6 × 1.6 cm; 83g including a full insulin cartridge and battery
- › Holds up to 1.6 ml (160U) insulin
- › The glass reservoirs can be prefilled and stored in the fridge for up to 4 weeks, which can save time when it comes to doing a set change
- › Uses one alkaline AAA battery which is provided free for the life of your pump
- › Choice of three different infusion sets, two teflon and one steel
- › The pump has an IPX8 waterproof rating (to a depth of 1 metre for up to 60 minutes)
- › 24/7 Australian-based customer support
- › Ypsomed Australia: [www.mylife-diabetescare.com/en-AU/](http://www.mylife-diabetescare.com/en-AU/)



## DANA-i

- › Securely connects with the TGA-approved AnyDANA application on iOS or Android smartphones – basal, Bolus, Temporary basal and pump settings can all be controlled from the phone
- › Designed to allow control and interoperability with approved artificial pancreas system (APS) algorithms (although not currently TGA-approved in Australia)
- › Small size and lightweight: 8.6 x 4.7 x 1.9cm, 86g including a full insulin cartridge and battery
- › Holds up to 3.0 ml (300U) insulin
- › Uses one alkaline AAA battery
- › Choice of three different infusion sets, one teflon and two steel
- › The pump has an IPX8 waterproof rating (to a depth of 1 metre for up to 60 minutes)
- › 24/7 Australian-based customer support for urgent pump issues
- › Managing Diabetes: [www.managingdiabetes.com.au](http://www.managingdiabetes.com.au)





In a class of its own:

## Omnipod DASH® Insulin Management System

The Omnipod has been available overseas for many years and first became available for sale in Australia in August 2021. However, at the time of writing this article, it wasn't covered by health funds or the NDSS, so you need to pay out of pocket\*. The cost varies depending on how many boxes of Pods you purchase at one time. The Omnipod differs from other pumps because it is tubeless. Unlike traditional insulin pumps, which are connected to your body with tubing, the Omnipod comprises a "Pod" containing your insulin and a Personal Diabetes Manager (PDM), which looks like a mobile phone. The Pod is placed on your skin, similar to a CGM

sensor (but larger) and the PDM is used to program and deliver insulin. The Pods hold 2.0ml (200U) of insulin and are replaced every 2 to 3 days. The Pod is waterproof (IP28 rating for up to 7.6 metres for 60 minutes) although the PDM isn't.

\* As of August 2022, the Omnipod DASH® System has been recommended for listing on the NDSS. Insulet, the maker of Omnipod, is working with government to affect the inclusion of the Omnipod DASH® System on the NDSS.

Insulet Corporation: [www.omnipod.com/en-au](http://www.omnipod.com/en-au)

### Type 1 Diabetes Insulin Pump Program

Children under the age of 18 years who don't have private health cover may be able to get some funding to contribute towards the cost of a pump through the Type 1 Diabetes Insulin Pump Program. Contact JDRF for more details [jdrf.org.au/living-with-t1d/insulin-pump-program/](http://jdrf.org.au/living-with-t1d/insulin-pump-program/)

### Don't have private health insurance?

If you don't have private health insurance but are willing to sign up, then most of the pump companies have a loan program in place, where they will loan you a pump until your waiting period is up (usually 12 months). Considering the cost of a pump, taking out health insurance could be a worthwhile investment, as most health funds will cover the full cost of insulin pump.

### Need help to decide which pump is right for you?

Your first point of call should be a diabetes educator or your endocrinologist. You can find a CDE in your area at [www.adea.com.au/](http://www.adea.com.au/) using the advanced search options in the Find a CDE search box to find an educator who has experience with pumps. Some hospital diabetes centres have pump information sessions where you can find out about insulin pump therapy and meet with the various companies who provide pumps. You can also meet with the company reps individually to find out more about the particular pump you are interested in. ■

### CONSULT YOUR HEALTH PROFESSIONAL TO DECIDE IF PUMP THERAPY IS SUITABLE

The information provided in this article was correct at the time of publication. It is important to speak with your diabetes health professional about whether insulin pump therapy and any particular device is suitable for your individual needs.





CSIRO Total Wellbeing dietitian Pennie McCoy shares strategies  
for managing our growing health and lifestyle problem

# DOUBLING down ON DIABETES





Did you know that more than two million Australians are living with pre-diabetes, and are at high-risk of developing type 2 diabetes? A further 550,000 Australians are living with undiagnosed type 2 diabetes.



### GET WITH THE PROGRAM

The CSIRO Total Wellbeing Diet has launched four programs to help manage the national chronic disease problem, including its 12 Week Program for Pre-Diabetes and Type 2 Diabetes. The new program ensures members have access to all the aspects of the regular 12 Week Program, including its online tracking tools and features, but with a focus on pre-diabetes and Type 2 diabetes and how best to manage the issue. Visit [www.totalwellbeingdiet.com](http://www.totalwellbeingdiet.com)

Without sustained lifestyle changes, including healthy eating, increased activity and losing weight, approximately one in three people with pre-diabetes will go on to develop type 2 diabetes. Pre-diabetes affects one in six Australians aged above 25 years, and type 2 diabetes is the sixth leading cause of death in Australia.

And yet, while these statistics are alarming, almost six out of 10 Australians can reverse pre-diabetes with the right lifestyle changes. If you're overweight or obese, losing weight is one of the key ways to slow pre-diabetes or type 2 diabetes from progressing. Research shows that you don't even need to lose a huge amount of weight to see the positive effects either – and that losing just 5 per cent of your body weight has benefits to your health.

As an accredited dietitian and health coach at the CSIRO Total Wellbeing Diet, my work sees me actively help Australians better understand their relationship with food. Our team champions lifestyle changes that are relatable and assessable, and that centre around simple nutritional choices to support healthy outcomes. It's not all doom and gloom – reversing pre-diabetes, and managing diabetes can indeed be achieved – all with the right lifestyle changes outlined in the following pages.





## BE REALISTIC ABOUT WEIGHT LOSS

Achieving 5 per cent weight loss over time is super beneficial for diabetes management. Many people lose a large amount of weight when they make a lifestyle change and the plateau can be difficult to navigate, but the real journey begins with weight management. Don't ever be discouraged by the scales and understand that this is a lifelong journey, and a new way of being.

## UNDERSTAND CARBOHYDRATES AND THE GLYCAEMIC INDEX

The Glycaemic Index is especially useful for people with type 2 diabetes, as choosing low GI foods are key to supporting good blood glucose levels, and managing appetite. Other factors, such as the amount of carbohydrates you eat, have an impact on blood glucose levels after meals, so knowledge of these fluctuations is also important. Adjusting your eating habits can support management of your diabetes diagnosis, for example regular meals over the day filled with plenty of vegies, lean protein, wholegrains, fruit and dairy.



## KNOW YOUR FOOD, USE THE TOOLS

Take the time to learn about food groups, and the nourishment and fuel that healthy food provides to your body. The CSIRO Total Wellbeing Diet has a range of self-monitoring tools in place to keep Australians on track, including an easy-to-use food and exercise tracker, which contains more than 200,000 foods, meals and exercises, as well as Positive Psychology tools which take a three-pronged approach to wellbeing. Practising Kindness, Gratitude and Best Possible Self techniques – in combination with eating better and staying active – can be a game changer for your overall wellbeing.







## MINDSET OVER MATTER

A diagnosis of diabetes can be overwhelming, and this can lead to negative thoughts and feelings. A positive mindset is key to making changes and having a support network such as your friends, family or an online community (such as the CSIRO Total Wellbeing Diet Facebook group) can be a game changer. Ultimately, don't forget to be kind to yourself!

I wholeheartedly believe that every Australian should have access to dietitian-guided strategies to help translate the complexities of food and maintain a healthy, "happy" weight. A diabetes-friendly, hyper-targeted program can fast-track your health and wellbeing.

## FIND WAYS TO MOVE

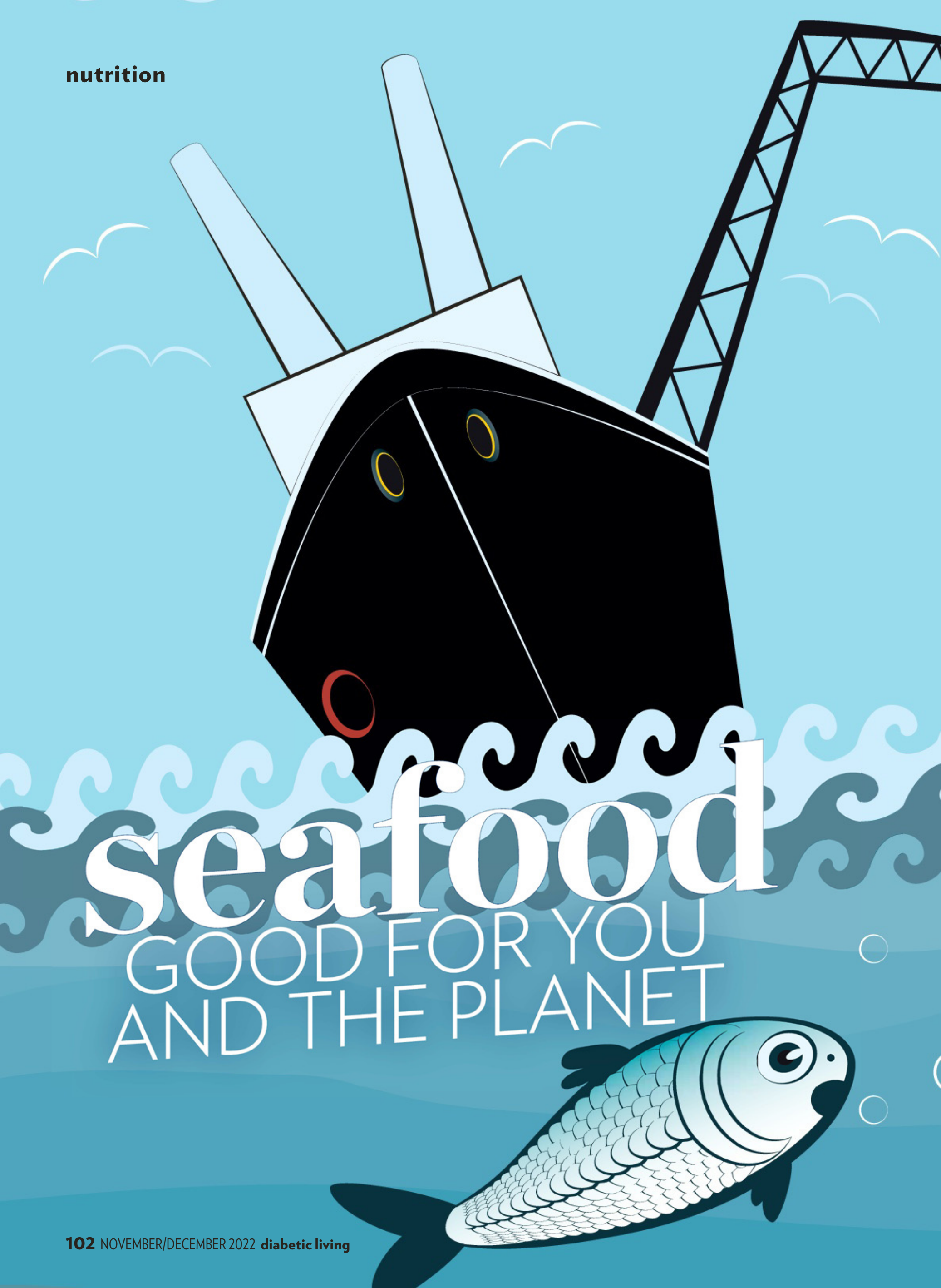
There is always a way to fit exercise into your lifestyle, both incidental and planned. The more you move, the more your body will use up glucose and support both weight loss and good blood glucose control. Finding ways to move doesn't mean long hours spent at the gym pumping weights either; low intensity exercises such as yoga and pilates, or group classes at the gym can be just as impactful.

In fact, you don't need a gym membership to find ways to move. Take the bus to work? Get off one stop earlier and walk the rest of the way. Weekend morning coffee run? Try walking to the coffee shop rather than driving. There are always quick and easy ways to squeeze in movement, no matter how busy and chaotic life gets!





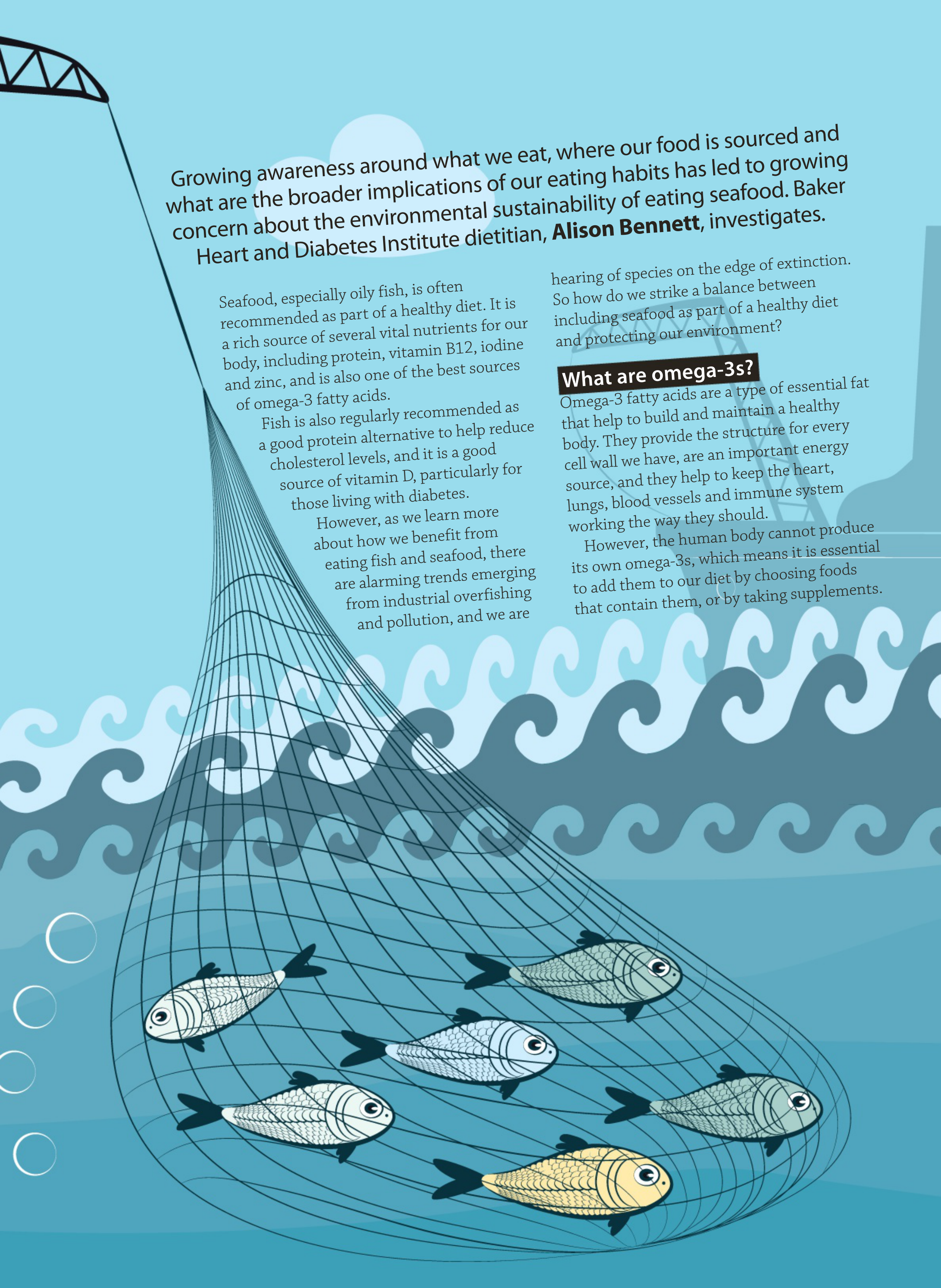
**nutrition**



# seafood

GOOD FOR YOU  
AND THE PLANET





Growing awareness around what we eat, where our food is sourced and what are the broader implications of our eating habits has led to growing concern about the environmental sustainability of eating seafood. Baker Heart and Diabetes Institute dietitian, **Alison Bennett**, investigates.

Seafood, especially oily fish, is often recommended as part of a healthy diet. It is a rich source of several vital nutrients for our body, including protein, vitamin B12, iodine and zinc, and is also one of the best sources of omega-3 fatty acids.

Fish is also regularly recommended as a good protein alternative to help reduce cholesterol levels, and it is a good source of vitamin D, particularly for those living with diabetes.

However, as we learn more about how we benefit from eating fish and seafood, there are alarming trends emerging from industrial overfishing and pollution, and we are

hearing of species on the edge of extinction. So how do we strike a balance between including seafood as part of a healthy diet and protecting our environment?

### What are omega-3s?

Omega-3 fatty acids are a type of essential fat that help to build and maintain a healthy body. They provide the structure for every cell wall we have, are an important energy source, and they help to keep the heart, lungs, blood vessels and immune system working the way they should.

However, the human body cannot produce its own omega-3s, which means it is essential to add them to our diet by choosing foods that contain them, or by taking supplements.



Although omega-3s are found naturally in some plant and animal protein sources, including grass-fed beef, the evidence tells us that marine sources are the best.

Seafood options with the highest levels of omega-3s include salmon, blue-eye trevalla, blue mackerel, herring, canned sardines, canned salmon, and some varieties of canned tuna.

It is recommended that we include two to three serves of fish or seafood in our diet each week. One serve equates to 150 grams of raw or 100 grams of cooked fish or seafood.

If you are seeking a good plant-based source of omega-3s, you can turn to algae or seaweed, usually in supplement form. Chia seeds, almonds and flaxseed are also omega-3 rich but they are a much harder source for the body to use than seafood so should not be your sole source of omega-3s.

Supplementation should be considered for those not consuming any of these products containing omega-3s.

## Sustainability

Salmon and tuna are two of the most commonly eaten fish in Australia, however, there are growing concerns about the sustainability of these fish choices.

When deciding which brand or species of fish to buy, it can be difficult to know whether you are

making a good environmental choice. Greenpeace and GoodFish have developed sustainable seafood buying guides to help with your decision-making.

Sardines and mackerel are two great seafood alternatives to tuna and salmon that have high omega-3 content.

## Healthy fats and low-fat diets

A low-fat diet has long been the diet recommended for people living with diabetes. It's clear now we need to re-think this messaging.

We know that including higher fat options that contain healthy unsaturated fats, such as oily fish and seafood, is a good choice. In fact, diets rich in fish and seafood are likely to be lower in saturated fats due to lower intake of meat products.

We also know that people living with diabetes are at a higher risk of heart disease, which means cholesterol and triglycerides targets are tighter and harder to meet. Focusing on increasing seafood intake can help with those controls.

## How much should we have?

» 2-3 serves of fish or seafood per week, including one serve of oily fish. One serve is about 150 grams of raw or 100 grams of cooked seafood.

Include at least one serve of plant-based sources of omega-3s daily.

» 2-3 teaspoons ground linseeds, chia seeds or LSA

» 1 teaspoon of flaxseed oil

» 200 grams of tofu

» 30 grams of walnuts

» 1 tablespoon of canola oil spread

» 150 grams of cooked or sprouted soybeans.





***Key benefits of including seafood:***

Rich source of omega-3s

Low in cholesterol for those with diabetes or heart disease

Lower in saturated fats than animal products so good for heart health and weight management

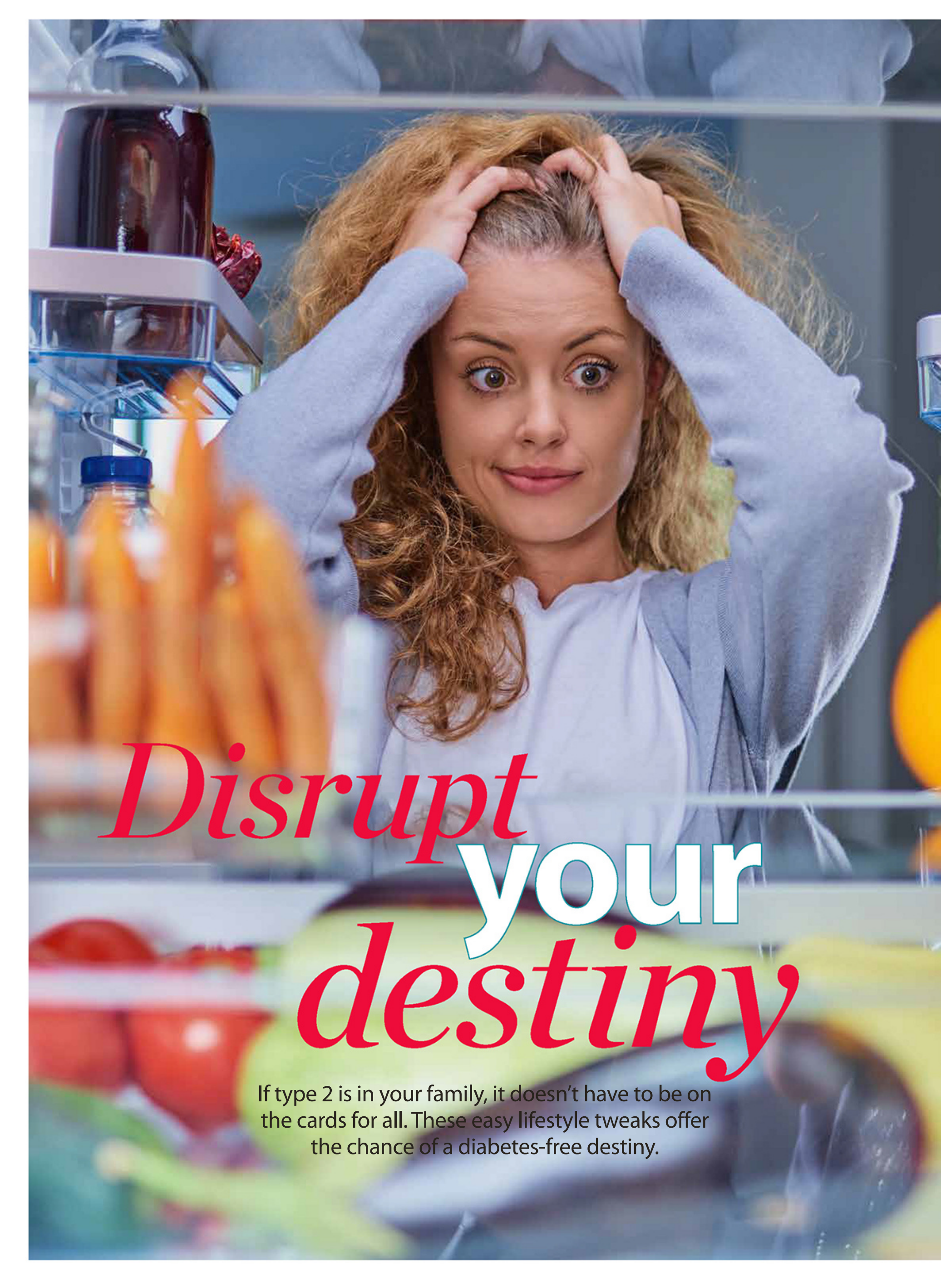
High in several nutrients such as protein, zinc, iodine

Fish with bones are also high in calcium, which is necessary to maintain bone health.

For more information about healthy eating, visit [baker.edu.au/health-hub/fact-sheets/healthy-heart](http://baker.edu.au/health-hub/fact-sheets/healthy-heart).

If you are seeking some good diabetes-friendly seafood recipes, you can find some at [heartfoundation.org.au/search/seafood](http://heartfoundation.org.au/search/seafood)



A woman with long, wavy brown hair is looking into an open refrigerator. She has her hands pressed against her temples, suggesting stress or frustration. The refrigerator is filled with various items, including a large bottle of dark liquid, a water bottle, and several bags of frozen food. The lighting is bright, highlighting the woman's face and the contents of the fridge.

# *Disrupt* your *destiny*

If type 2 is in your family, it doesn't have to be on the cards for all. These easy lifestyle tweaks offer the chance of a diabetes-free destiny.



**“G**rowing up, I often had chips, takeaways, white bread, sweet foods and soft drinks,” says Sandra Taylor, 42, a mother of two from Melbourne. By her twenties, she was gaining weight and seemed destined to develop the type 2 that her parents, two brothers, grandmother and aunt were already living with.

Sandra’s story is far from uncommon. Type 2 diabetes is one of the fastest-growing health conditions in the world. It occurs when your body can no longer effectively produce or use the hormone insulin, which it needs to convert food into energy. This leads to a build-up of glucose in the blood. Over time, elevated BGLs can damage nerves and blood vessels, and increase your risk of heart attack, stroke, eye problems and kidney issues.

About 280 Australians develop diabetes each day, and two million are living with prediabetes, the precursor to type 2. Risk factors vary but, according to Diabetes Australia, if you have a close family member, such as a parent, with type 2, your risk of also developing it is two to four times higher.

“The risk goes up if you have certain lifestyle factors, including high blood pressure, being overweight or obese, not being active enough and eating an unhealthy diet,” says Helen Edwards, diabetes educator and founder of Diabetes Counselling Online.

Without a cure for type 2, prevention is key when it comes to overcoming genetics and dodging a diagnosis.

“Lifestyle changes that focus on small amounts of weight loss, improving your diet and increasing your activity levels can slash your risk of developing type 2 diabetes by half,” says nutrition academic associate professor Tim Crowe from Deakin University in Victoria.

If you think that type 2 is on the cards for you or a loved one, here’s how to stack the odds back in your favour.

# 1

## Know your numbers

“Monitoring and lowering your weight, cholesterol and blood pressure helps protect you against type 2 diabetes,” says endocrinologist Dr John Wentworth from the Royal Melbourne Hospital. “If you’re overweight, losing just five per cent of your weight can reduce your diabetes risk substantially.”

**TOP TIP**  **Do a little exercise each day, cut back on alcohol and, if you smoke, now’s the time to quit. “Reduce your intake of takeaways, snack foods, salt, sugar and saturated fats,” says Helen Edwards. “Instead, choose foods with a low glycaemic index (GI), which will help keep blood sugars stable.”**

**You can find a comprehensive list of low-GI foods at [glycemicindex.com](https://glycemicindex.com)**

# 2

## Switch drinks

Fruit juices and soft drinks can cause your blood glucose levels to rise rapidly – and stay that way. In fact, having one very sugary drink a day can increase your risk of type 2 substantially – by 22 per cent for soft drinks and 21 per cent for fruit juices, according to UK research.

**TOP TIP**  **For a quick and easy, thirst-quenching drink, simply pour a glass of chilled water, add a squeeze of lime or lemon juice and top with a sprig of mint. ➤**



# 3

## Get on the brekkie bandwagon

Running out of the door fuelled by nothing but a cup of coffee or a slice of bread can ramp up your BGLs and lead you to overindulge in sugary, energy-boosting foods and drinks later. In fact, studies show that people who skip breakfast are more likely to be overweight and have a greater chance of ending up with type 2.



**TOP TIP** If you know you're going to be busy, organise tomorrow's breakfast "to go" the night before. Put healthy foods such as wholegrain biscuits, a can of tuna, fruit and a handful of nuts in a container to eat on the run or when you get to work.

# 4

## Say no to exercise excuses

Too tired, too busy, too cold, too hot, too boring – whatever your excuses for not exercising, try to resist them, as regular exercise improves fitness, aids weight control and helps your body use insulin better. Diabetes Australia recommends 30 minutes of moderate-intensity exercise, such as brisk walking or swimming, every day, along with a couple of sessions of resistance training (see below).

Don't have time for a dedicated daily workout? Break your exercise down into smaller chunks to make it more manageable, or do three 20-minute sessions of vigorous-intensity exercise a week, such as jogging, strenuous gardening or aerobics.



**TOP TIP** Research suggests that walking 6000 or more steps every day decreases your risk of developing type 2, so invest in a pedometer to keep track of your progress. As your fitness improves, aim to alternate aerobic (think cycling, dancing or power walking) and resistance exercises (such as weights, lunges and squats) in your week, as combining the two has been proven to better stabilise BGLs.



## RECOGNISE THE WARNING SIGNS

Many people with type 2 do not have any symptoms – however, if you notice

Excessive  
thirst

Passing  
more urine  
than usual

Exhaustion  
or lethargy

Constant  
hunger

Having cuts  
that heal  
slowly

Itching  
or skin  
infections





REAL-LIFE READ

# *I dropped two dress sizes!*

**With the help of her dietitian husband, Craig, Sandra Taylor was able to break her family's cycle of type 2.**

"When I married Craig at 24, he was horrified by my food choices and taught me that some foods make your blood sugars rise," says Sandra. "With his help, I retrained my tastebuds and started eating whole grains and more veggies, as well as cutting out sugary drinks and sugar in my tea."

"It was hard at first and I craved fast food, but within weeks, my skin was clearer and I had more energy. I also started going to the gym with Craig and I went from a size 12 to a size eight in six months."

Fast-forward 10 years and Sandra sticks to a healthy diet and active lifestyle to keep herself and her two young sons on a diabetes-free path. "I feel so lucky that I did not become another statistic, but so sad for the members of my family who may have been able to avoid this disease," she says. ➤

# 5

## Wind down the wine

Downing more than two standard drinks of alcohol each day can kick-start weight gain and boost your triglycerides (blood fats), amping up your chances of developing type 2. In addition, research shows that men and women with excess belly fat are respectively five and three times more likely to be handed a type 2 diagnosis.



**TOP TIP** Aim to have no more than two alcoholic drinks a day. If you're out, order spritzers (half wine/half mineral water) and alternate drinks with water. Choose red or white wines instead of fortified wines (like port), pre-mixed spirits and liqueurs, which can all cause a greater spike in BGLs.

any of the following in yourself or a loved one, see your doctor

Blurred vision

Gradual weight gain

Mood swings

Headaches

Dizziness

Leg cramps



6



## Walk off work stress

Do you find yourself drowning in deadlines, cursing the boss or spending long hours chained to your desk? UK researchers have discovered that workplace stress can double your risk of developing type 2 diabetes. Why? Because anxiety (and office inactivity) can contribute to an expanding waistline, which in turn, makes you vulnerable to type 2.

**TOP TIP**  **Head outside for a few minutes every hour. Studies suggest that getting out and about in the fresh air will give you a natural energy boost, which can help you manage stress levels more effectively.**



7

## Ban fake tan

Love a tan in a can? Strange as it may sound, using fake tan may contribute to your chances of developing diabetes. Why? Swedish research has shown that chemicals called phthalates, which are found in fake tans and other cosmetics, encourage weight gain, which is a leading contributor to type 2.

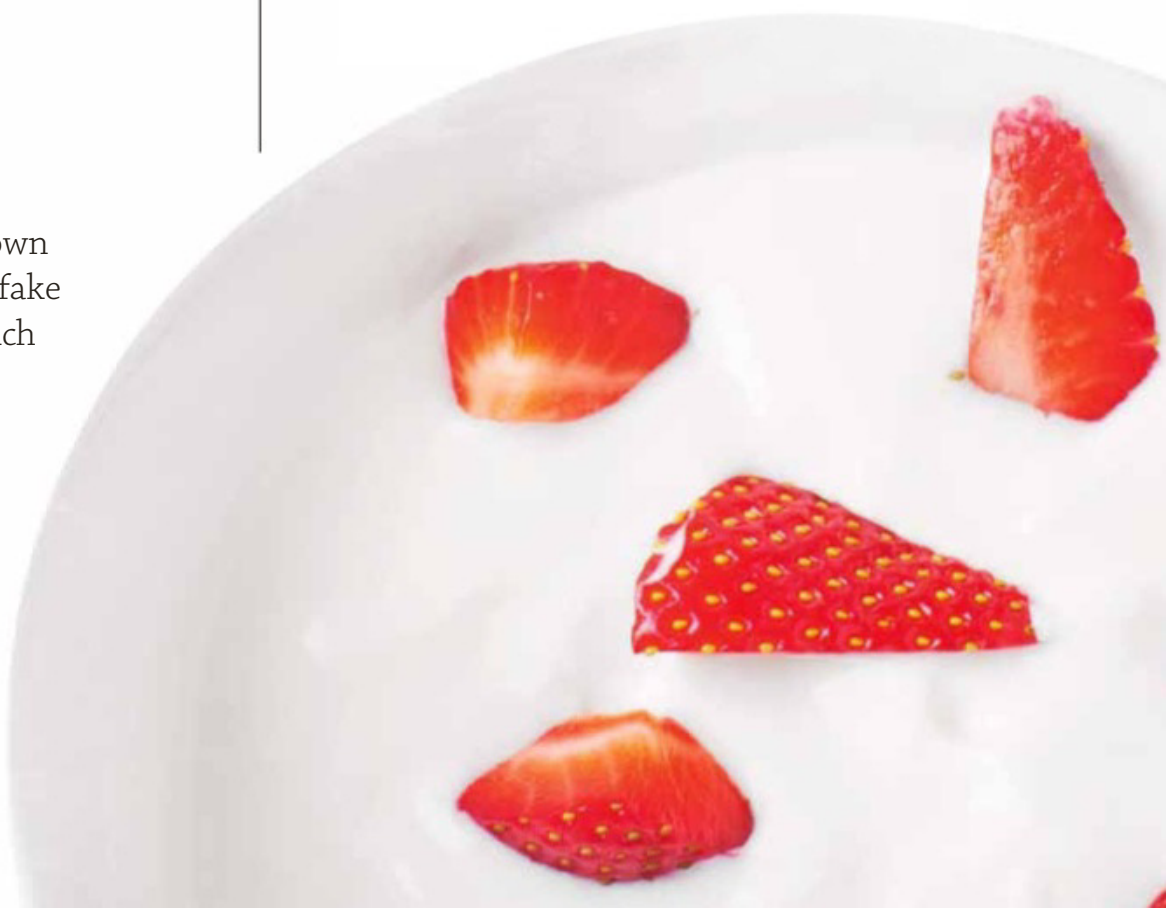
**TOP TIP**  **Consider switching your fake tan for a bronzer, which gives the same effect without the high chemical load. Phthalates are also found in many fragrance-containing cosmetics, so opt for natural products and fragrance-free haircare, skincare and make-up.**

8

## Become a probiotic pro

Probiotics are live bacteria or yeasts that are good for your digestive system and overall health. Probiotic-rich foods such as yoghurt, miso, pickled vegetables (like kimchi, a Korean dish of spicy pickled cabbage), buttermilk and stoneground sourdough bread have all been shown to boost healthy gut bacteria. The result? Reduced inflammation and increased insulin sensitivity, which can help reduce your type 2 risk.

**TOP TIP**  **The next time you're browsing the dairy cabinet at the supermarket, choose a plain low-fat Greek-style yoghurt instead of artificially sweetened varieties. Add a burst of sweetness by topping it with berries or other fruit.**







## Don't end up like me!

**While type 2 can be managed with lifestyle interventions – and, in more advanced cases, medication and insulin – your quality of life can be dramatically affected by it. Just ask 69-year-old retiree Russell Ashley, who is the latest in a long line of family members to develop diabetes.**

"My diet was my biggest downfall," says Russell of his life before diagnosis. "I used to serve myself food portions that were too big or go back for second serves. When I learned I had type 2, I wasn't shocked, as my father, grandmother and two uncles also had it. But, I felt very, very down about it."

Russell's diagnosis prompted him to switch to a low-GI diet and sign up for exercise classes several times a week, however, he believes he could have prevented his type 2 if he'd ditched his unhealthy habits earlier.

"I urge anyone who is overweight or inactive to get healthy and see their doctor to check for signs of diabetes," says Russell. "Once you have type 2, it takes a lot of attention and planning to manage it. I now have a higher risk of everything

from eye and kidney problems, to heart attack and stroke," he says.

"I really wish I had changed my lifestyle years ago to help reduce my risk."



# 9

### Dream on

Getting too little sleep can disrupt your body clock, affecting insulin production, promoting weight gain and causing your BGLs to rise, according to Dr John Wentworth. And there's a lot of science to prove it. The long-running Nurses' Health Study, which tracked the health habits of 60,000 women for 16 years, found that women who slept for less than five hours each night had a 15 per cent higher chance of becoming overweight or obese compared to those who managed seven hours of shut-eye.

**TOP TIP** Limit caffeine and screen time before bed, as these can overstimulate your brain.

Snore a lot? Dr Siobhan Banks from the Centre for Sleep Research at the University of South Australia says, "Have an overnight sleep study to rule out sleep apnoea, which causes micropauses in breathing and is associated with a greater risk of heart attack, stroke and type 2."



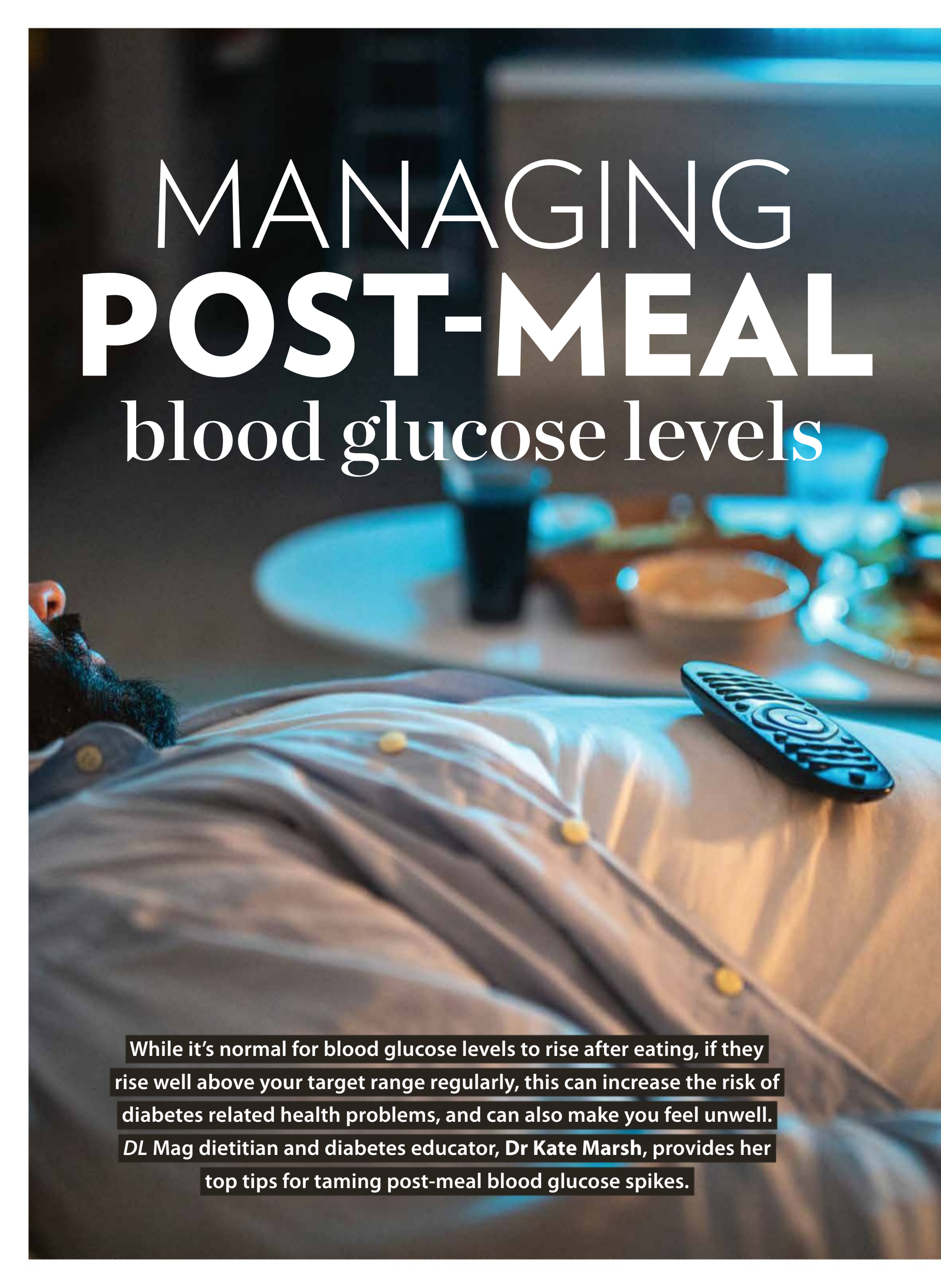
# 10

### Seek help if you're feeling down

An estimated 45 per cent of Australians will experience depression or anxiety at some point during their lifetime. Research from Harvard University shows that depression can increase your chances of developing type 2, most likely because both mental disorders and the medication used to manage them affect hormones and energy levels.

**TOP TIP** Talk to a friend or counsellor, or make an appointment with your GP if your mood is affecting your ability to function and enjoy life. And aim to get 30 minutes of exercise each day, whether that's hitting the gym, gardening or walking. In addition to helping to keep your weight under control, it's a powerful mood booster. ■



A man with a beard is lying on a light-colored sofa, wearing a grey button-down shirt. He is holding a black remote control in his right hand. In the background, there is a dining table with a glass of beer and some food. The scene is dimly lit, suggesting an evening setting.

# MANAGING **POST-MEAL** blood glucose levels

While it's normal for blood glucose levels to rise after eating, if they rise well above your target range regularly, this can increase the risk of diabetes related health problems, and can also make you feel unwell. *DL Mag* dietitian and diabetes educator, Dr Kate Marsh, provides her top tips for taming post-meal blood glucose spikes.



## Go low GI

Glycaemic Index (or GI for short) is a measure of how the carbohydrates in food affect our blood glucose levels. Foods with a low GI break down slowly, gradually releasing glucose into the bloodstream. Examples include traditional or steel-cut rolled oats, barley, freekeh, quinoa, cracked wheat, dense wholegrain breads, legumes (lentils, chickpeas and dried or canned beans), sweetcorn, and many fruits including apples, pears, citrus fruit, peaches and nectarines. Make these your main carb choices.

## Focus on fibre

Choosing high-fibre foods, and particularly eating these at the beginning of your meal, can help to slow down the digestion of carbohydrates and reduce the rise in post-meal glucose levels. Good sources of fibre in the diet include legumes, minimally processed whole grains, vegetables, fruits, nuts and seeds.

## Dress it up

Adding vinegar has been found to reduce the rise in blood glucose levels after a meal in people with diabetes. It's thought that the acidity slows down stomach emptying and therefore the absorption of glucose from food. One study found this effect was only significant after a higher GI meal, but not a low GI meal. So if you enjoy a slice of fresh white bread or other high GI foods, team them with a salad dressed with vinaigrette dressing.

## Lift weights

Incorporating a short moderate-intensity resistance training workout 2-3 times per week has also been shown to help with post-meal blood glucose levels. Resistance training doesn't mean lifting heavy weights in the gym, unless this is something you enjoy, but can be done at home using your body weight, resistance bands and/or weights. An exercise physiologist can help to design you a personalised program you can safely do at home.





## Try tai chi

Some studies have shown that doing tai chi can help to improve blood glucose levels in people with type 2 diabetes, including post-meal blood glucose levels. It has also been shown to help with weight management and improve quality of life in people with diabetes and is a good form of exercise for those who can't do higher intensity activity. Consider joining a local tai chi class or an online program. For example, this program designed specifically for people with diabetes is supported by Diabetes Australia [www.onlinetaichilessons.com/tai-chi-for-diabetes/](http://www.onlinetaichilessons.com/tai-chi-for-diabetes/)

## Break it up

There is now a significant amount of evidence to show that prolonged periods of sitting can prevent insulin from working as well, and increase type 2 diabetes risk. Research has also shown that taking regular breaks from sitting can help with managing blood



## Save your carbs until last

Eating the vegetables, protein and fat in your meals before the carbs can lower the blood glucose response to a meal. For example, a small study of 11 individuals with type 2 diabetes found that eating the protein and non-starchy vegetables (chicken breast, steamed broccoli and a garden salad) in a meal first, followed 15 minutes later by the carbohydrate (white bread and orange juice) resulted in a smaller rise in blood glucose levels compared to eating the carbohydrate portion of the meal first. Another study of 17 individuals with type 2 diabetes found that four weeks of consuming carbohydrate foods at lunch and dinner meals only after eating the fat and protein component of the meal resulted in lower post-meal glucose spikes, particularly after lunch.





glucose levels, including glucose levels after meals. For example, one study took 24 people with type 2 diabetes, who were usually inactive, and gave them a standard meal on three different occasions – during uninterrupted sitting for 8 hours, or during sitting for 8 hours with either 3-minute bouts of light walking, or 3-minute bouts of simple resistance activities every 30 minutes. Compared to those who didn't move, both exercise groups had significantly lower blood glucose and insulin levels after eating. Another small study found that breaking up prolonged sitting with 5-minute bouts of standing or low intensity walking every 30 minutes led to a smaller rise in post-meal blood glucose levels compared to long-term sitting. So, if your job has you sitting at a desk all day, try standing up every 30 minutes and doing a quick walk around your home or office or doing a few resistance exercises at your desk. If you have access to an adjustable standing desk at work, take advantage of this, and if you work from home, consider investing in one and using this intermittently throughout the day.

### Time it right

If you take rapid-acting insulin with a meal, matching the timing of your insulin with food can help to avoid post-meal spikes. Depending on which rapid-acting insulin you are taking, waiting between 5 to 15 minutes, or sometimes longer, between injecting and eating, can help to make sure the insulin is working at the time that your food raises your blood glucose level. However, there are many factors to consider when looking at insulin timing, including the specific insulin you are taking and how quickly it works in your body, the

content of your meal or snack (for example whether a meal is high or low GI, and the protein and fat content of your food can all affect how quickly or slowly the glucose from food is absorbed into your bloodstream), your blood glucose level before the meal, and whether your blood glucose level is rising or falling when you give your insulin. Your diabetes health professionals can help you work out the best timing for you.

### Consider more than just carbs

If you are taking rapid-acting insulin with meals, you have probably learnt how to carb count and match your insulin and carbohydrate intake. This is because carbohydrate foods have the most significant impact on

### Walk it off

Regular exercise helps our insulin to work more effectively and generally lowers blood glucose levels. However, the type, intensity and timing of exercise can all affect how your blood glucose levels respond to activity. One review of the research concluded that the most effective way to reduce post-meal blood glucose levels through exercise is with low-to-moderate intensity exercise for 30-60 minutes, which starts around 30 minutes after the meal. This can be particularly beneficial after the largest meal of the day. So, rather than sitting down after a meal, either head out for a walk or do your active chores such as housework, gardening or shopping.

blood glucose levels. However, research in recent years in people with type 1 diabetes has shown that the fat and protein content of food also affects blood glucose levels and may need to be considered when deciding on insulin doses and timing. Fat and protein delay glucose absorption and can cause a rise in blood glucose levels many hours after the meal. If you manage your diabetes with an insulin pump, giving a higher dose of insulin using an extended bolus, where insulin is released over a longer time period, may help to manage meals with a high fat and or protein content. If you find that carb counting alone is not always working to manage your post-meal glucose levels, your diabetes health professionals can help you understand more about how to adjust your insulin, considering fat and protein. ■





# NEED-TO-KNOW FACTS ABOUT... diabetes and VLCDs

Very low calorie diet – or VLCD – shakes are meal replacements designed for rapid weight loss. But are they suitable if you're living with diabetes? And how effective are they, anyway? Here's some need-to-know information.

**1** VLCD meal replacements may be more effective for people living with type 2 diabetes, than other weight-loss diets. Examining evidence about which diets help people with type 2 diabetes lose weight if they need or want to, researchers found that VLCDs allowed people to lose more weight than other types of diets, including low-carbohydrate and low-GI diets.

**2** Weight loss can have big benefits. For people living with diabetes who are carrying extra weight, losing some of it can help reduce the risk of diabetes-related complications, including heart disease and stroke. It can also help some people with type 2 go into remission.

**3** VLCDs may give people with type 2 diabetes the best chance of remission. In one

UK study, 46 per cent of people who consumed a VLCD for at least three months and lost an average of 10kg, went into remission from type 2 diabetes. And more than two thirds of the people following a VLCD were able to stop taking their diabetes and high blood pressure medications.

**4** Research shows rapid weight loss is just as 'good' as gradual weight loss. In the study, not only were people who lost weight quickly using a VLCD more likely to achieve their weight-loss goal than people following a gradual weight-loss program, the speed of weight loss didn't affect the amount of weight regain years later.

**5** A VLCD has other health benefits, too. Research shows that a VLCD may help to improve immunity. People

following the diet seem to experience an improvement in T-cell function, which helps to protect the body from infection.

**6** VLCD shakes are a special class of meal replacements. In other words, they're not comparable to protein shakes or even other meal-replacement shakes. For example, as well as delivering an amount of energy designed to encourage weight loss, Isowhey's VLCD shakes are nutritionally balanced with 24 vitamins and minerals, which means you can use them to replace all three daily meals if you want to.

**7** Let your doctor know if you'd like to try a VLCD. Your blood glucose levels are likely to fall as you lose weight, which means your diabetes medications – particularly if you use insulin – will need to be reduced. ■



advertising promotion

# Stay in control

Summertime means longer days and making the most of the warm weather. But with all the picnics, festivities and indulgence, dealing with diabetes over the holidays can be trying.

Managing diabetes can often feel like having to constantly monitor yourself while everyone else is being carefree. That's especially true in the summer months, when there are more parties, barbecues and other opportunities to deviate from your usual eating routine. Fortunately, there's a solution that will help you feel fuller for longer, as well as manage your blood sugar and provide other nutritional benefits.

## A DELICIOUS SOLUTION

Featuring a GI rating of just 18 – far lower than similar products on the market – IsoWhey Clinical Nutrition Diabetic Formula is a delicious high-protein meal or snack option designed especially to support the needs of people with diabetes.

Best consumed as a delicious chocolate or vanilla shake, it's a convenient and safe way to help manage your weight and blood sugar levels, without feeling like you're missing out on all the fun.

Specific micronutrients in IsoWhey's Diabetic Formula assist with carbohydrate metabolism, while a range of vitamins and minerals contribute to your energy levels and support normal immune function.

Plus it's made right here in Australia, so you know you're getting the very best product for your needs, and at a reasonable price too.

Combine IsoWhey Clinical Nutrition Diabetic Formula with a balanced diet, healthy lifestyle and regular exercise to make the most of this summer – staying in control and living your best life without worry.

### Protein designed for diabetics

Available in tasty chocolate and vanilla flavours, the Diabetic Formula will also keep you feeling full by packing 17 grams of grass-fed whey protein into every serve.



## ISOWHEY®

Talk to your dietitian or health professional before use. Available at Chemist Warehouse and [ISOWHEY.COM.AU](http://ISOWHEY.COM.AU)



# PEER positivity

Sharing your experiences with others who face the daily challenges of managing diabetes can help you feel less alone. Find out how you can connect with your diabetes peers.

## What is peer support?

Peer support is when people living with a chronic condition (like diabetes) give and/or receive support from one another. Many people who have diabetes have never talked to anyone else with diabetes, even though they may want to. This can feel very isolating.

### *People with diabetes may access peer support because:*

- Family and friends, despite their best efforts, cannot fully understand what it is like to live with diabetes.
- Health professionals may not always have the time to talk about all aspects of living with diabetes.

### *Peer support is a way for people with diabetes to share their:*

- knowledge and skills
- insights and experiences
- thoughts and concerns
- feelings about living with diabetes.

This can happen in the form of organised, face-to-face peer support groups or one-on-one telephone support; casual conversation; or through various technologies such as SMS texts and the internet (e.g., Facebook, Twitter, email or online forums).

## What to expect from peer support

### *Connecting with other people who have diabetes can help in many ways. You may:*

- feel less alone (e.g., have someone to talk to or

encourage you when diabetes gets you down)

- learn from others about self-management (e.g., how to put medical advice into practice, share helpful tips and boost your motivation levels)
- be able to share tips about access to health professionals and community resources (e.g., personal recommendations)
- improve your overall health and wellbeing.

## What not to expect from peer support

### *Peer support can lead to many positive experiences but it:*

- does not replace the advice you get from your health professional (e.g., about treatments or lifestyle). Always talk to your diabetes health professional before making changes to the way you manage your diabetes
- may not be the right fit for you, as it is not a one-size-fits-all approach. Some people prefer not to talk about their feelings, or would prefer to do so only with their health professional
- is unlikely to give you the answers to all of your problems. Peer support can be a great source of information and advice, but it will not necessarily 'solve' all your diabetes related concerns.

If you are unsure about joining a peer support group/community, share your thoughts and feelings with people you trust. Also consider talking about this with your diabetes health professional. They can help you work out what kind of support would be most helpful for you.







*It's nice to be able to contact someone who's exactly the same as you. They give you that little bit of encouragement. You may be having a flat day and you just want to go, 'Oh, I don't want to get up for work', and that someone is saying, 'No, you can do it.' ... I think it's great."*

**James, 26, person with diabetes**



### Peer support in your area

Ask your diabetes health professional about peer support programs they are aware of. You may also like to contact the following organisations for information about local peer support programs.

#### YOUR STATE/TERRITORY DIABETES ORGANISATION

##### Diabetes NSW & ACT

- [diabetesnsw.com.au](http://diabetesnsw.com.au)

##### Diabetes Queensland

- [diabetesqld.org.au](http://diabetesqld.org.au)

##### Diabetes SA

- [diabetessa.com.au](http://diabetessa.com.au)

##### Diabetes Tasmania

- [diabetestas.org.au](http://diabetestas.org.au)

##### Diabetes Victoria

- [diabetesvic.org.au](http://diabetesvic.org.au)

##### Diabetes WA

- [diabeteswa.com.au](http://diabeteswa.com.au)

##### Healthy Living NT

- [healthylivingnt.org.au](http://healthylivingnt.org.au)

#### YOUR STATE/TERRITORY ABORIGINAL COMMUNITY-CONTROLLED HEALTH ORGANISATION:

##### Aboriginal Health and Medical Research Council of New South Wales

- [ahmrc.org.au](http://ahmrc.org.au) or call 02 9212 4777.

##### Victorian Aboriginal Community Controlled Health Organisation

- [vaccho.org.au](http://vaccho.org.au) or call 03 9411 9411.

##### Queensland Aboriginal and Islander Health Council

- [qaihc.com.au](http://qaihc.com.au) or call 07 3328 8500.

##### Aboriginal Health Council of Western Australia

- [ahcwa.org.au](http://ahcwa.org.au) or call 08 9227 1631.

##### Aboriginal Health Council of South Australia

- [ahcsa.org.au](http://ahcsa.org.au) or call 08 8273 7200.

##### Aboriginal Medical Services Alliance Northern Territory

- [amsant.org.au](http://amsant.org.au) or call 08 8944 6666.

##### Tasmanian Aboriginal Centre

- [tacinc.com.au](http://tacinc.com.au) or call 1800 132 260.

##### Winnunga Nimmityjah Aboriginal Health and Community Services (ACT)

- [winnunga.org.au](http://winnunga.org.au) or call 02 6284 6222.

### If you have type 1 diabetes, you may also be interested in:

#### JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

- For peer support, go to [jdrf.org.au/living-with-t1d/peer-support-program/](http://jdrf.org.au/living-with-t1d/peer-support-program/) or call 1300 363 126 and select option 3 for peer support.

### More information and support

#### NDSS

- [ndss.com.au](http://ndss.com.au) and search for 'Peer support program', email [info@ndss.com.au](mailto:info@ndss.com.au) or call the NDSS Helpline 1800 637 700.

#### Diabetes Australia

- [diabetesaustralia.com.au](http://diabetesaustralia.com.au)

“

*Over the years I've met a few friends with diabetes. Every now and then we have a chat about how things are going. It's definitely helpful to have people who can relate to it.”*

Lorna, 62, person with diabetes



# Lose weight & boost your energy!

## Plus, help your immune system, bones and wellbeing...

Good nutrition makes a huge difference in controlling your diabetes. It influences how you feel. It helps with your weight, blood sugar levels, cholesterol and blood pressure levels. Plus healthy eating boosts your energy and immune system and improves your wellbeing. Good nutrition helps minimise chances of experiencing diabetes complications.

So an Australian dietician developed low GI BodyCare Nutrition Revitalise. It contains protein, essential amino acids and prebiotic fibre. It also has a low glycemic load.

**Weight loss and weight management made easy** Carrying excess weight can change the way your body reacts to Insulin. At only 140 calories per serve, Revitalise makes it easy for you to better manage your weight and lose weight. Revitalise's healthier carbohydrates break down slower. This results in suppressing hunger and reducing cravings. This also reduces insulin load and insulin resistance.

**Reduces Insulin levels** The combination of Low GI and healthy levels of protein and fibre means Revitalise stops you from snacking. Plus, the soluble fibre in Revitalise reduces carbohydrate absorption, which in turn reduces blood glucose and insulin levels.

Revitalise helps stop unwanted weight gain. It can even help you to lose fat and keep it off, when part of a healthy eating diet and exercise. Because Revitalise is **not a meal replacement** it's perfect to drink as part of a low calorie or low carbohydrate meal or as a between meal snack.

**Lowers high blood pressure and cholesterol** Revitalise reduces blood pressure and bad cholesterol when part of low salt and low saturated fatty acids diets.



Better managing your weight leads to better Insulin control

## Here are some other ways Revitalise can help you...

**Boosts your energy** Revitalise gives you sustained energy all day long. It is enriched with vitamins B1, B2 and B3. These contribute to normal energy metabolism. Plus Folate and Vitamins B2 and B3 assists in reducing tiredness and fatigue.

**Strengthens your Immune system** A strong immune system helps you fight sickness. Revitalise's prebiotic fibre feeds the good bacteria in your gut, strengthening your immune system. Revitalise contains Vitamins A and C, Folic Acid, Iron and Zinc for your immune system. Visit [immunestrength.com.au](http://immunestrength.com.au) for more information.

**Bone health** Calcium and Vitamin D enhance bone mineral density. Protein assists with the maintenance of normal bones.

Revitalise is available in delicious vanilla, chocolate and coffee flavours. At only RRP \$34.95, Revitalise gives you 14 serves (up to 2 weeks). See below for stockists or ask your local chemist to get Revitalise in for you. For more details on stockists visit our website.

## Free delivery for online orders

Can't get to the chemist?

Revitalise is available online from [bodycarenutrition.com.au](http://bodycarenutrition.com.au). Insert Coupon Code **goodhealth2022** into the shopping cart for **free delivery**. Offer expires 4/12/22.



Made in Australia

### Queensland

**Brassall**, Brassall Pharmacy  
**Buderim**, Buderim Pharmacy  
**Caboolture**, Caboolture Super Clinic Pharmacy  
**Caloundra**, Direct Chemist Outlet  
**Cannonvale**, LiveLife Pharmacy  
**Centenary Heights**, Southtown Pharmacy  
**Charters Towers**, Griffiths Chemmart Pharmacy, Gill St  
**Chermside**, Direct Chemist Outlet  
**Darra**, Direct Chemist Outlet (Monier)  
**Eumundi**, Eumundi Village Pharmacy  
**Gladstone**, GP Discount Pharmacy  
**Hervey Bay**, (Pialba), Friendlies Pharmacy  
**Home Hill**, Complete Health Pharmacy  
**Karalee**, Karalee Chempro Chemist  
**Kawana**, Chemist Discount Chemist  
**Mapleton**, Mapleton Pharmacy  
**Margate**, Terry White Chemmart  
**Marsden**, Marsden Clinic  
Day & Night Pharmacy  
**Maryborough**, Bart Vanarey  
Maryborough Pharmacy  
**Murgon**, Amcal Pharmacy  
**Pelican Waters**, Pelican Waters Pharmacy  
**Redbank**, Priceline, Redbank Plaza  
**Riverview**, Riverview Chemist  
**Springwood**, Chatswood Hills  
Chempro Chemist  
**Toowoomba**, Southtown Pharmacy  
Centenary Heights  
**Toowoomba**, Terry White Toowoomba  
Medical, James St  
**Yandina**, Sunshine Coast  
Compounding Pharmacy  
**Yeppoon**, LiveLife Pharmacy Yeppoon Central

### New South Wales

**Albion Park Rail**, Good Price Pharmacy  
**Armidale**, Mount View Pharmacy  
**Austral**, Pharmacist Advice  
**Austral**, West Hoxton Pharmacy  
**Bargo**, Pharmasave Bargo Discount Pharmacy  
**Barrack Heights**, Centre Health Pharmacy  
**Bateau Bay**, Bateau Bay Road Chemist  
**Bathurst**, Moodies Pharmacy, Howick Street  
**Bellambi**, Bellambi Pharmacy  
**Birrong**, Birrong Pharmacy, Auburn Rd  
**Blacktown**, McGills Pharmasave Pharmacy  
**Bradbury**, Bradbury Village Pharmacy  
**Bundanoon**, Bundanoon Pharmacy

**Campbelltown**, Seftons Pharmacy  
**Campsie**, Bassams Pharmacy  
**Campsie**, Georges Pharmacy  
**Caringbah**, Coady's Pharmacy  
**Cecil Hills**, Penna's Pharmacy  
**Cessnock**, The Chemist, Vincent St  
**Chipping Norton**, Little Tree Pharmacy  
**Concord**, Friendly Pharmacy  
**Cooranbong**, Cooranbong Pharmacy  
& Compounding  
**Drummoyne**, Destros Pharmacy  
**Dubbo (East)**, Orana Mall Pharmacy,  
Orana Mall  
**Dundas**, Springfield Pharmacy  
**Dural**, Friendly Pharmacy  
**Edensor Park**, Pennas Pharmacy  
**Erina**, HealthSAVE Chemist, Erina Fair  
**Figtree**, Figtree Plaza Chemist  
**Forbes**, Flannery's Pharmacy  
**Forbes**, Life Pharmacy,  
Bernardi's Market Place  
**Forster**, Your Discount Chemist  
**Glendale**, Chemistworks, Stockland  
Super Centre  
**Glendenning**, Medicines R Us Chemist  
**Glenmore Park**, Mediadvise, Town Centre  
**Goulburn**, Priceline, Centro  
**Greenacre**, Your Discount Chemist  
**Green Valley**, Penna's Pharmacy  
**Gregory Hills**, Medicines R Us Chemist  
**Hammondville**, Hammondville  
Discount Pharmacy  
**Hassall Grove**, Medicines R Us Chemist  
**Helensburgh**, Helensburgh Pharmacy  
**Jamisonstown**, Medicines R Us Chemist  
**Katoomba**, Greenwell & Thomas Chemist  
**Kingsford**, Pharmacy@UNSW  
**Kotara**, Scott Dibben Pharmacy  
**Lake Munmorah**, Friendly Pharmacy  
**Laurieton**, Your Discount Chemist  
**Lethbridge Park**, HealthSAVE  
Lethbridge Park Pharmacy  
**Lismore**, Lismore Woodlark Chempro Chemist  
**Liverpool**, Priceline Pharmacy, Westfield  
**Liverpool**, Penna's Pharmacy  
**Maitland (East)**, Your Discount Chemist  
**Manly Vale**, Pharmacist Advice  
**Marsden Park**, Medicines R Us Chemist  
**Miller**, Pharmasave Miller Discount Pharmacy  
**Mittagong**, Capital Chemist

**Mount Druitt**, Mount Druitt Pharmacy  
**Mullumbimby**, Mullum Chemsave Pharmacy  
**Murrumbateman**, Murrumbateman Pharmacy  
**Narrabeen**, Narrabeen Pharmacy  
**Newcastle West**, Doc's Mega Save Chemist,  
Marketown East S/C  
**Oran Park**, Priceline Pharmacy, Oran Park S/C  
**Orange**, McCarthy's Pharmacy, Lords Pl  
**Padstow**, Smiths MediAdvice Pharmacy  
**Panania**, Panania Pharmacy  
**Penrith**, Penrith 24 Hour Pharmacy  
(438 High St)  
**Penrith**, Blooms The Chemist, 535 High St  
**Penrith (South)**, Priceline, Southlands  
**Port Macquarie**, Your Discount Chemist  
**Prestons**, Penna's Pharmacy  
**Prospect**, Myrtle Street Pharmacy  
**Quakers Hill**, Quakers Hill Discount Chemist  
**Ramsgate Beach**, Eddies Pharmacy  
**Roseville**, North Shore Pharmacy, Pacific Hwy  
**Rouse Hill**, Cincotta Chemist,  
Rouse Hill Town Ctr  
**Ryde (West)**, PharmaSave, Victoria Rd  
**Salamander Bay**, Amcal Plus  
**Seven Hills**, Better Health Pharmacy,  
Shop 70, Seven Hills Plaza  
**Seven Hills**, Priceline, Shop 48,  
Seven Hills Plaza  
**Shellharbour**, Shellharbour City Pharmacy  
**Shortland**, My Community Pharmacy  
**St Clair**, Priceline, St Clair S/C  
**St Ives**, O'Loughlin's Medical Pharmacy  
**St Marys**, Easy Script, Queen St  
**Sylvania Waters**, Sylvania Waters Pharmacy  
**Tamworth**, Blooms, Peel St  
**Tamworth**, The Centre Pharmacy,  
Northgate S/C  
**Taree**, Your Discount Chemist  
**Thirroul**, Thirroul Central Chemist  
**Thornleigh**, Discount Drug Store  
**Toukley**, Hopes Pharmacy  
**Ulladulla**, Beachside Capital Chemist  
**Urunga**, The Urunga Pharmacy  
**Wattle Grove**, Wattle Grove Village  
Discount Pharmacy  
**Wetherill Park**, Chemistworks, Stockland  
**Windang**, Windang Pharmacy & Compounding  
**Wyee**, Wyee Centre Pharmacy  
**Yass**, My Pharmacy, Laidlaw St

### ACT

**Conder**, Lanyon Pharmacy,  
Lanyon Market Place  
**Kaleen**, Caremore Pharmacy, Kaleen Plaza  
**Wanniassa**, Erindale Pharmacy, Erindale S/C  
**Weston**, Cooleman Court Pharmacy  
**Victoria**  
**Bairnsdale**, Terry White Chemmart  
**Ballarat**, Crawford's Pharmacy  
**Bayswater**, Direct Chemist Outlet  
**Braybrook**, Direct Chemist Outlet  
(Central West)  
**Broadmeadows**, Greater Discount Chemist  
**Broadmeadows**, Hume City Pharmacy  
**Caroline Springs**, Direct Chemist Outlet  
(Westsprings)  
**Cheltenham**, Direct Chemist Outlet  
**Clayton**, Vicky Mellissas Pharmacy  
**Coburg (North)**, Direct Chemist Outlet  
**Deer Park**, Deer Park Pharmacy, Ballarat Rd  
**Deer Park**, Direct Chemist Outlet,  
Brimbank S/C  
**Diamond Creek**, Diamond Creek Pharmacy  
**Doncaster East**, Tom Lane Pharmacy  
The Pines  
**Frankston**, Pharmacy Neo Towerhill  
**Geelong West**, Mitchell & O'Hara  
Amcal Pharmacy  
**Gladstone Park**, Direct Chemist Outlet  
**Herne Hill**, Herne Hill Pharmacy  
**Keilor East**, Lincolnville Pharmacy  
**Lalor**, Direct Chemist Outlet  
**Lavington**, Terry White Chemmart  
Mayo's Northend  
**Malvern**, Pharmacy Neo, Malvern Central  
**Mooroolbark**, Mooroolbark Village Pharmacy  
**Mornington**, Mornington Village Pharmacy  
**Mount Waverley**, Mount Waverley Pharmacy  
**Mulgrave**, Terry White Chemmart  
Valewood Pharmacy  
**Noble Park**, Terry White, Douglas St  
**Northcote**, Discount Chemist  
**Northcote**, Soul Pattinson Pharmacy  
**Paynesville**, Paynesville Pharmacy  
**Plenty**, Eco+Life Pharmacy  
**Port Fairy**, Pharmacy Neo Port Fair  
**Red Cliffs**, Terry White Chemmart  
**Ringwood**, Pharmacy Now  
**Rosebud**, Direct Chemist Outlet  
**Strathmore**, Kirschner's Pharmacy

**Tarneit West**, Direct Chemist Outlet  
**Thornbury**, Steve Kolliou CareMore Pharmacy  
**Wantirna**, Community Pharmacy  
**Warrnambool**, Direct Chemist Outlet,  
Target Warrnambool  
**Waverley Gardens**, NOVA Pharmacy,  
Waverley Gardens S/C  
**Werribee**, Direct Chemist Outlet  
Werribee Central  
**Woodend**, Woodend Pharmacy

### South Australia

**Kingston SE**, Kingston Pharmacy  
**Myrtle Bank**, Highgate Chemmart  
Day / Night Pharmacy  
**Port Lincoln**, Priceline, Porter St  
**Williamstown**, Williamstown Pharmacy

### Western Australia

**Applecross**, Pharmacy 777  
**Exmouth**, Exmouth Pharmacy  
**Ferndale**, Ferndale Pharmacy  
**Girrawheen**, Health First Goldfield Pharmacy  
**Katanning**, Katanning Pharmacy  
**Landsdale**, Landsdale  
Compounding Pharmacy  
**Mandurah**, Mandurah Central Pharmacy  
**Ocean Reef**, Ocean Reef Pharmacy  
**Stratton Park**, Stratton Park Pharmacy  
**Success**, Cockburn Super Clinic Pharmacy

### Northern Territory

**Coolalinga**, Better Health Pharmacy  
**Karama**, Pharmasave Pharmacy



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Revitalise is a formulated supplementary food, which can be of assistance when dietary intakes of energy and nutrients are inadequate. Please seek advice on your individual dietary needs from an accredited practising dietitian or your healthcare professional. BodyCare Nutrition® Copyright 2022.



A background image of pink peonies in a glass vase, with a person's shoulder visible in the bottom right corner. The text 'WILLOW ROSE, TYPE 1' is written in a curved path over the flowers in the top right.

Christie Gonzalez's six-year-old daughter **Willow Rose** was diagnosed with type 1 diabetes four years ago. The start of a steep learning curve for her and husband Christian, it also inspired them to start a foundation dedicated to helping others living with diabetes.

---

I used to see needles and faint, so when we spent a week in hospital with Willow, learning our new lives when she was diagnosed, the first thing I had to overcome was that fear.

"The doctors saying to me 'in order for you to go home, you have to inject your daughter with insulin' was so scary. My biggest fear, apart from the needle, was giving her too much.

"To this day, I still don't remember putting that first needle into her. I think I kind of blacked out, but I also knew it was something I had to do. I mean, without them, she dies.

"We went home and Christian and I were absolute wrecks. We went through a grieving process, grieving the life we thought she was going to have and wondering what this would mean for her, knowing that people might treat her differently now.

"We were also angry. Willow didn't deserve this, and having to inject her every time she had to eat was so hard. She was two and didn't understand why we were injecting her. The first few needles didn't really impact her but as time went on she started to fear them.

"So we'd dread meal times. We'd cook dinner and Christian

and I would both start crying. It was only when our oldest daughter, Esmaee, who was four at the time, asked 'why do you and dad cry every night at dinner?' that we realised we really had to pick up our game.

"Soon after that I left my job because I was running a business at the time, and you can't really do that and look after a toddler with diabetes. Willow needed someone dedicated to caring for her and her diabetes, full-time.

### ***Finding a silver lining***

"The Willow Rose Foundation for Diabetes started with Christian. The moment Willow was diagnosed, we could see that something was missing in terms of support and access to necessary and really helpful products for people who were newly diagnosed, as well as their carers.

"Christian came up with the idea for a foundation to help fill that gap and said, 'we have to run with this, and I'm not stopping until we do it.'

"I could see what he saw, but for me it was 'I need to keep my daughter alive. We need to get her home and we need to get focused'.

"We finally opened the foundation in 2020 and we





type 1

*my story*

**“She’s so brave, how  
could you not fight  
for her future?”**





**“I’d get up every two hours to check her levels. It was like having a newborn again, so the CGM was a game changer.”**

started by pulling together essential care packs, which include a whole range of items to help manage diabetes, based on what we’d learnt from our experience with Willow as well as what the diabetes community was telling us they needed. We made those available online, but we’d also have people contact us saying that their mum needed continuous glucose monitoring, but couldn’t afford it. So we’d send them three-months’ worth of CGMs.

“Now that CGMs are becoming more affordable and accessible, we’re changing our focus and looking at how we can help carers. I’d really love to establish a babysitting service that would allow carers of children living with diabetes to feel confident that they have someone to leave their child with, when they need to. We’re very lucky to have my mum and dad who know how to look after Willow, but other than that, there’s not many people I’m happy to leave her with.”

## *Looking to the future*

“Willow is six now and she’s keen to start giving herself her injections, but she’s also still a bit scared to. Her diabetes is pretty well managed, but at this age when she’s growing so much, anything can affect her levels.

“Hypos during the night can be quite common, which makes us so grateful for her CGM. She got that a few months after being diagnosed, following a few really frightening moments. One afternoon when things were still very new to us, I couldn’t wake her so I rang the hospital and they confirmed we were in trouble. I rubbed honey all over her gums and thankfully, it worked.

“After that, whenever she fell asleep, I’d have to finger-prick her. My heart would stop because I didn’t know if she’d passed out again. And I couldn’t help wondering every night whether

she’d make it through to the morning. I’d get up every two hours to check her levels. It was like having a newborn again, so the CGM was a game changer.

“We’re determined to help Willow lead a life just like any other child, because she truly can do anything and we don’t want her to miss a thing. But at the same time of course we’re really mindful of her diabetes.

“A week before she was diagnosed, my sister-in-law’s mum died due to complications of type 1 and the last few years of her life were horrendous. For Willow to be diagnosed with the same thing was confronting. It made us take it more seriously, but it also made us want to fight harder every day, because we don’t want that for her. And when she’s so brave, how could you not fight for her future?” ■

To learn more about the Willow Rose Foundation for Diabetes visit [facebook.com/WillowRosefd](https://facebook.com/WillowRosefd)



# YOUR PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

## CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that C=2, T=14, and H=22. You can record each letter as you work it out in the letter checker at the bottom of the grid.

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 22 | 5  | 2  | 14 | 4  | 2  |    | 21 | 26 | 20 | 4  | 26 | 14 | 5  |    | 2  | 6  | 21 | 4  | 3  | 23 |
|    | 25 |    | 6  |    | 17 |    | 5  |    | 4  |    | 13 |    | 3  |    | 17 |    | 26 |    | 5  |    |
| 9  | 17 | 18 | 19 |    | 3  | 26 | 13 | 26 | 19 |    | 11 | 26 | 23 | 26 | 3  |    | 25 | 26 | 2  | 24 |
|    | 3  |    | 4  |    | 2  |    | 6  |    | 4  |    | 4  |    | 6  |    | 14 |    | 25 |    | 24 |    |
| 12 | 10 | 17 | 11 | 4  | 26 |    | 12 | 26 | 23 | 4  | 2  | 26 | 19 |    | 5  | 1  | 4  | 3  | 2  | 5  |
|    |    | 20 |    |    | 1  | 4  | 5  |    | 5  |    |    |    | 15 | 17 | 8  |    |    |    | 19 |    |
| 3  | 5  | 5  | 20 | 19 | 5  |    | 20 | 17 | 3  | 24 | 5  | 10 | 13 |    | 14 | 4  | 11 | 14 | 17 | 5  |
|    | 16 |    | 6  |    |    |    |    |    | 2  |    | 16 |    |    |    |    |    | 6  |    | 14 |    |
| 9  | 6  | 3  | 23 | 19 | 5  |    | 26 | 1  | 5  | 3  | 6  | 5  | 13 |    | 20 | 4  | 3  | 23 | 22 | 10 |
|    | 4  |    |    |    | 20 | 4  | 23 |    |    |    | 4  |    | 10 | 5  | 18 |    |    | 26 |    |    |
| 13 | 11 | 4  | 2  | 5  | 20 |    | 4  | 12 | 11 | 5  | 14 | 6  | 13 |    | 4  | 13 | 17 | 25 | 26 | 21 |
|    | 12 |    | 22 |    | 10 |    | 19 |    | 10 |    | 26 |    | 14 |    | 3  |    | 17 |    | 6  |    |
| 7  | 5  | 21 | 17 |    | 4  | 20 | 5  | 26 | 19 |    | 25 | 19 | 5  | 3  | 20 |    | 7  | 4  | 3  | 23 |
|    | 3  |    | 24 |    | 3  |    | 19 |    | 17 |    | 19 |    | 12 |    | 19 |    | 5  |    | 14 |    |
| 13 | 14 | 21 | 17 | 3  | 23 |    | 10 | 26 | 3  | 24 | 5  | 5  | 13 |    | 5  | 19 | 20 | 5  | 13 | 14 |

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
|    | C  |    |    |    |    |    |    |    |    |    |    |    |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| T  |    |    |    |    |    |    |    | H  |    |    |    |    |



# CHUNKY CROSSWORD

Sharpen your pencil and show what you know.

For solutions, see page 127.

## ACROSS

- 11** One who deliberately causes strife for others (12)  
**12** --- lights, aurora borealis (8)  
**13** Endeavour (6)  
**14** Animal that can breathe in water or on land (9)  
**15** Echelon (4)  
**16** Very short time (5)  
**18** Cliff (9)  
**20** --- West, US rapper (5)  
**23** Askance (8)  
**24** Uneasy (12)  
**26** Clothes line (5,5)  
**28** Exhales wistfully (5)  
**30** Small horse (4)  
**31** Mend socks (4)  
**32** Roman garments (5)  
**34** *Ghostbusters* and *Groundhog Day* actor (4,6)  
**35** Increasing speed (12)

- 37** Species of eucalypt (8)  
**39** Embers or soot (5)  
**41** Flowering plant mainly native to the tropical Americas (9)  
**42** Rot (5)  
**45** *To --- a Mockingbird*, novel (4)  
**46** Bankrupt (9)  
**48** Restore to life (6)  
**50** Eventual (8)  
**51** Old English song (12)

## DOWN

- 1** Illicit public scrawl (8)  
**2** Japanese wrestler (4)  
**3** Awkward person (5)  
**4** Disconcerting (12)  
**5** Jump playfully (4)  
**6** Conduits for removing waste water, etc (10)  
**7** Surround (8)  
**8** Consumed liquid (5)

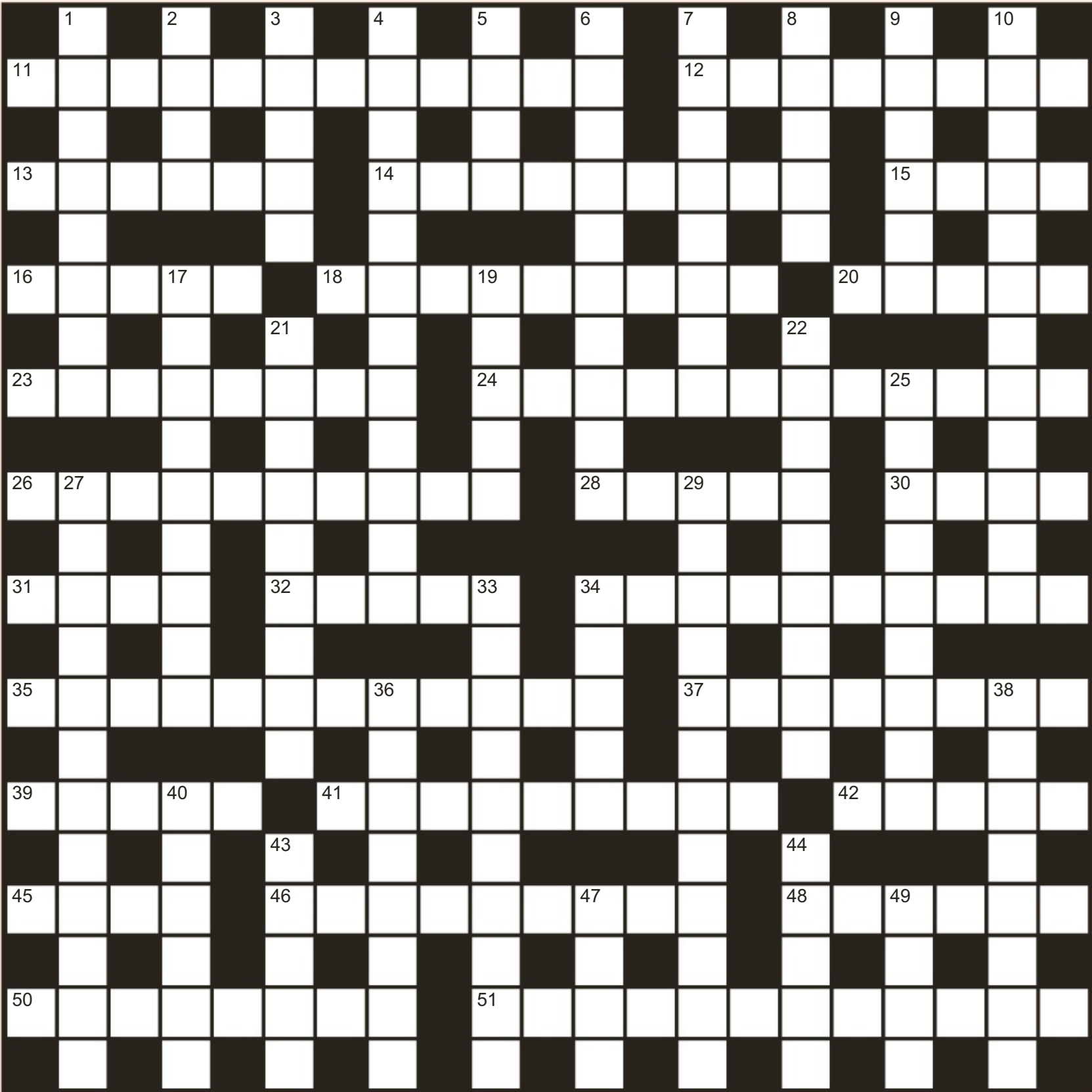
- 9** Himalayan guide (6)  
**10** Dracula's homeland (12)  
**17** Self-employed (9)  
**19** Shore (5)  
**21** *Alice in Wonderland* tea party host (3,6)  
**22** Bright orange coloured fruit (9)  
**25** Able to be parted (9)  
**27** Unreachable (12)  
**29** Roaming in search of pleasure (12)  
**33** Study of earthquakes (10)  
**34** Boiled bread roll (5)  
**36** Taken into custody (8)  
**38** --- mirror, car part (4-4)  
**40** Cream-filled French pastry (6)  
**43** Stringed Indian instrument (5)  
**44** Amusingly odd (5)  
**47** Corporate bigwig (abbrev) (4)  
**49** Range of vision (4)

## SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.

|  |   |   |   |   |   |   |   |   |
|--|---|---|---|---|---|---|---|---|
|  |   |   |   |   | 3 | 1 |   | 7 |
|  | 1 |   |   |   |   |   | 5 |   |
|  | 3 |   |   | 6 |   |   |   | 2 |
|  |   |   | 2 |   |   |   |   | 4 |
|  |   | 5 |   |   |   | 8 |   |   |
|  |   | 9 | 8 |   |   | 5 |   | 6 |
|  | 8 |   |   | 3 | 5 | 2 | 4 | 1 |
|  | 9 |   |   | 1 | 2 |   |   |   |
|  |   |   |   |   |   |   |   |   |





Turn upside down for puzzle solutions

**Across:** 11 Troublemaker, 12 Northern, 13 Effort, 14 Amphibian, 15 Rank, 16 Jiffy, 18 Precipice, 20 Kanye, 23 Sideways, 24 Apprehensive, 26 Hills Hoist, 28 Sighs, 30 Pony, 31 Darn, 32 Togs, 34 Bill Murray, 35 Accelerating, 37 Ironbark, 39 Ashes, 41 Bromeliad, 42 Decay, 45 Kill, 46 Insolvent, 48 Revive, 50 Ultimate, 51 Greensleeves.  
**Down:** 1 Graffiti, 2 Sumo, 3 Klutz, 4 Embarrassing, 5 Skip, 6 Drainpipes, 7 Encircle, 8 Drank, 9 Sherpa, 10 Transylvania, 17 Freelance, 19 Coast, 21 Mad Hatter, 22 Persimmon, 25 Separable, 27 Inaccessible, 29 Gallivanting, 33 Seismology, 34 Bagel, 36 Arrested, 38 Rear-view, 40 Eclair, 43 Sitar, 44 Droll, 47 Exec, 49 View.

Crossword

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 | 4 | 8 | 5 | 2 | 3 | 1 | 6 | 7 |
| 6 | 1 | 2 | 4 | 9 | 7 | 3 | 5 | 8 |
| 5 | 3 | 7 | 1 | 6 | 8 | 4 | 9 | 2 |
| 8 | 6 | 3 | 2 | 5 | 9 | 7 | 1 | 4 |
| 1 | 7 | 5 | 3 | 4 | 6 | 8 | 2 | 9 |
| 4 | 2 | 9 | 8 | 7 | 1 | 5 | 3 | 6 |
| 7 | 8 | 6 | 9 | 3 | 5 | 2 | 4 | 1 |
| 3 | 9 | 4 | 7 | 1 | 2 | 6 | 8 | 5 |
| 2 | 5 | 1 | 6 | 8 | 4 | 9 | 7 | 3 |

Sudoku

|    |   |   |   |   |   |   |   |   |   |   |   |   |   |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 14 | T | F | Q | O | W | L | D | R | H | G | K | B | A |
| 15 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 16 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 17 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 18 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 19 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 20 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 21 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 22 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 23 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 24 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 25 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 26 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 1  | V | C | N | I | E | U | Z | X | J | Y | P | M | S |
| 2  |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 3  |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 4  |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 5  |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 6  |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 7  |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 8  |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 9  |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 10 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 11 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 12 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 13 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 14 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 15 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 16 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 17 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 18 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 19 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 20 |   |   |   |   |   |   |   |   |   |   |   |   |   |
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one last thing

### Cook's Tip

Brown rice vinegar is available in health food stores.

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## HEALTHY CHICKEN STIR-FRY

**PREP** 10 MINS **COOK** 20 MINS  
**SERVES** 2 (AS A MAIN)

70g ( $\frac{1}{3}$  cup) brown basmati rice  
2 tsp olive oil  
2cm piece ginger, peeled and cut into thin matchsticks  
2 small red onions, cut into wedges  
160g broccoli, broken into florets, stem finely chopped  
2 carrots, halved lengthways, diagonally sliced  
1 red chilli, deseeded, finely chopped (optional)  
200g skinless chicken breast, trimmed of fat, cut into thin strips  
 $\frac{1}{2}$  tsp ground cumin  
3 tbsp water  
1 tbsp no-added-salt and

sugar crunchy peanut butter  
1 tbsp salt-reduced soy sauce or gluten-free soy sauce  
1 tbsp brown rice vinegar or rice wine vinegar (see Cook's tip)

**1** Cook the rice in a small saucepan of boiling water following pack instructions. Drain.

**2** Meanwhile, heat the oil in a non-stick wok over high heat. Add the ginger and onions and stir-fry for 2 minutes. Add the broccoli stem, carrots and chilli, if using. Stir-fry for 1 minute.

**3** Add the chicken and cumin to the wok and stir-fry for 1-2 minutes. Add the broccoli florets and water. Cover and leave to steam for 3-4 minutes or until the broccoli is just tender and the chicken is cooked through.

**4** Combine the peanut butter, soy sauce and vinegar in a small bowl. Stir the sauce into the wok. Toss to combine. Serve with the rice.

### Nutritional info

**PER SERVE** 1940kJ (464Cal), **protein** 35g, **total fat** 15g (sat. fat 3g), **carbs** 40g, **fibre** 13g, **sodium** 517mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

**LOWER-CARB OPTION:** Replace the rice with 250g (2 cups) frozen or fresh broccoli & cauliflower rice, prepared according to package directions.

**PER SERVE** 1550kJ (370Cal), **protein** 35g, **total fat** 14g (sat. fat 3g), **carbs** 18g, **fibre** 15g, **sodium** 538mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**





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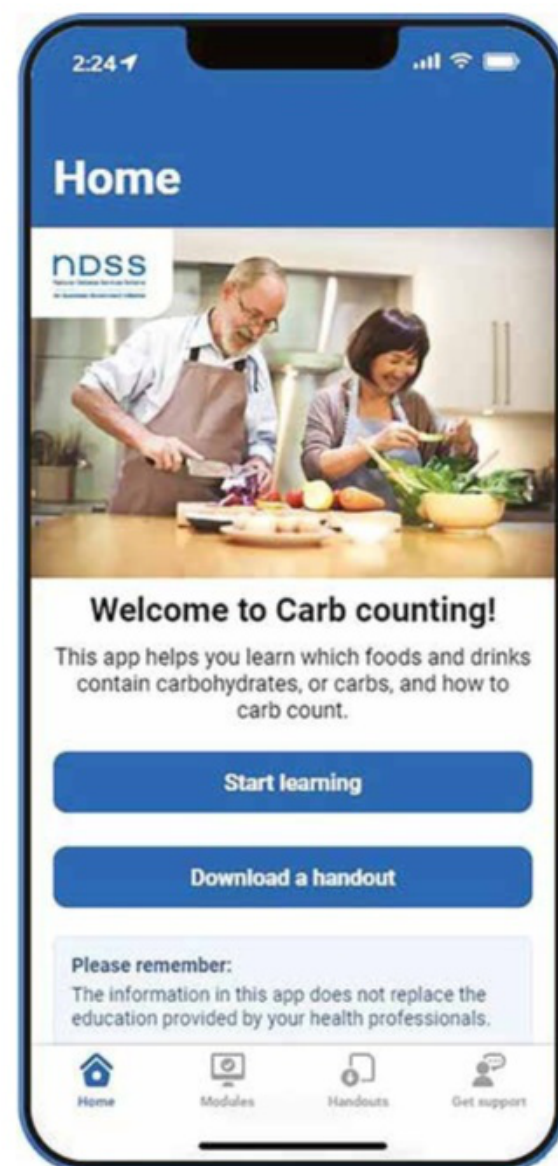
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